



Among Friends October 2019

Friends of HCOA website: www.fhcoa.org



HAVE YOU RECEIVED YOUR FLU SHOT??



If not, we can help. We will hold our annual Flu Shot Clinic on **Thursday, October 10 from 1:00-3:30 p.m.** Just bring your insurance card(s), fill out a short form and get your shot! It's that easy! No registration required. A big thank you to Dan and his staff from Walgreen's for providing this clinic.



Come Celebrate with Us!!

The Morning Glory Café is 4 years old this month. Join us as we say thank you to you for all of your support. If you attend the Café on **Friday, October 18**, your coffee and pastry will be **FREE!** It's our way of showing our appreciation for all of your



DO YOU BELIEVE??

The famous Jeff Belanger, author, researcher, producer and speaker will be here just before Halloween to present a unique program on Ghosts. Belanger has authored over a dozen books and is an authority on the paranormal. His books include World's Most Haunted Places and Weird Massachusetts. He has served as writer and researcher on many television shows including Ghost Adventures, Paranormal Challenge and many PBS series. Reservations are required. This unique and interesting program will be held **Wednesday, October**



The Senior Center will be closed on Monday, October 14 in observance of Columbus Day.



COUNCIL ON AGING BOARD MEMBERS

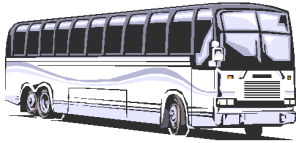
Susan Sullivan - Chairman
Richard Mansfield, Vice Chairman
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Rebecca Tornblom

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



Thursday, October 17 ... Elton John/Billy Joel Face to Face ... Join Best of Times Travel as we recreate one of the greatest musical tours of all-time. This is the Ultimate Billy Joel & Elton John tribute show! Beginning in 1994 Billy Joel & Elton John toured on a series of "Face to Face" tours, making them the longest running & most successful concert tandem in pop music history. Elton John & Billy Joel tribute artists Greg Ransom & Mike O'Brien have joined forces to create The Ultimate Tribute Show "Face to Face." Just like the original tour, each artist performs a solo set with a 5 to 6 piece Rock N Roll Band & then culminates the show with a Face to Face set which features both of them playing together on two pianos trading off lyrics on each song they perform. *Nominated as the best tribute show in the country this is a show not to be missed!* Your Plated Luncheon Meal Choice: Stuffed Breast of Chicken or Baked Scrod which also includes Salad, Potato, Vegetables, Breads, Dessert, Coffee/Tea. Cost of this tour is \$94.00/person (including driver's gratuity). Please make check payable to "Friends of HCOA."



Thursday, November 14 ... Ricky Nelson Remembered ... Ricky Nelson was an American actor, musician & singer-songwriter. He starred alongside his family in the television series The Adventures of Ozzie & Harriet, as well as co-starring alongside John Wayne & Dean Martin in the western feature film Rio Bravo. He placed 53 songs on the Billboard Hot 100 between 1957 & 1973 including "Poor Little Fool," which holds the distinction of being the first #1 song on Billboard magazine's then-newly created top 100 chart. **"Ricky Nelson Remembered"** is a unique multi-media entertainment event featuring the live music of Ricky Nelson's hit songs (including "Hello Mary Lou," "Travelin' Man," "Garden Party") performed by Ricky's own identical twin sons Matthew & Gunnar Nelson. When they hit #1 on the Billboard with their rock band Nelson with their self-penned #1 mega hit "(Can't Live without Your) Love & Affection," it put the Nelson family in the Guinness Book of World Records as the ONLY family in entertainment history with THREE generations of #1 hit makers! Plated luncheon meal choice: Chicken Parmesan or Baked Scrod. Lunch also includes Salad, Potato, Vegetables, Breads, Dessert, Coffee/Tea. Cost of this tour (including driver gratuity) is \$97.00/person payable by check only made payable to "Friends of HCOA."



Tuesday, October 8 ... Quabbin Foliage Tour ... Depart from the Senior Center at 9:30 a.m. New Englanders hardly need to check the calendar for the onset of fall. Instead, the maple sugar hues of red, orange & yellow signal the seasonal changes on their own. You'll note these as you travel along the scenic roads of Central MA. Enjoy the by-ways & highways as you head to the Quabbin Reservoir area & West Brookfield's Salem Cross Inn. You'll initially enjoy a delicious 4-course luncheon, featuring Soup du Jour, Fresh Garden Salad, Salem Cross' famous flaky Chicken Pot Pie or Maple Salmon entrée. After lunch, you'll be joined by a native tour guide who will take you throughout the Quabbin Reservoir, explaining how local villages & towns were flooded so that the reservoir containing billions of gallons of water, could be constructed. You'll then visit Brookfield Orchards. As you stroll through the store you may be tempted to sample a crisp, juicy apple, some zesty cheese or delicious fudge. You'll then make your way back home arriving at 5:30 p.m. Cost for this tour is \$86.00/person including driver's gratuity. Payment by check only made payable to "Friends of HCOA."



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 & 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 & 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."

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 ...

Autumn is in the air. We are feeling it here at the Outreach Office. If you have concerns and need assistance removing air conditioners, small home repairs, yard cleanup and preparing for the cold months ahead, the Outreach Office is here to help.

Would you like books delivered to your home? The Outreach workers & their volunteers deliver books from the Holden Library every two weeks on Wednesdays. We also could deliver puzzles if you are interested in working on a puzzle. These are good ways to spend a cold rainy or snowy day.

Need help with Fuel Assistance, Housing, Food Stamps, Medical Equipment, General Information for hearing aids, eye glasses, snow shoveling, etc.? Please call or stop by the Outreach Office.

Remember the Wachusett Food Pantry distributes food to seniors the Friday before the third Saturday of each month. The address is 50 Worcester Road (Route 12) in Sterling. The Outreach Office provides deliveries to any Holden Senior who has no transportation or a way to go to the food pantry. Contact Paula or Dale for more information.

Please stop by and visit and have a safe and enjoyable Autumn season.

Paula & Dale



FREE LEGAL CLINIC



Attorney Arthur Bergeron from the law firm of Mirick O'Connell will be here on **Monday, October 7 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 ...

Welcome to Fall! The Annual Friends Harvest Fair will be held **Saturday, November 2**. Sign up sheets for volunteers for the fair will be available at the Senior Center. Greeters, kitchen helpers, raffle and bake table assistants and others are needed to help at the fair. Crafters are welcome! Vendor application can be found on the website, www.fhcoa.org. Space is limited so sign up

Everything is more fun with friends



JEWELRY SALES ARE UP!

The sale of gently used costume jewelry continues to be such a success that we have decided to ask for further donations to enlarge our inventory. The proceeds of any sales benefit the Friends of the Holden Council on Aging. Over \$1,000 of jewelry has been sold to date and our many thanks still go out to everyone for their generosity.

So, if you've been fall cleaning and have gently used costume jewelry you'd like to donate, please bring those donations to the Senior Center and leave them with the office staff.



ANNUAL AMATEUR PHOTO CONTEST







Our Annual Photo Contest will be held from **Monday, October 28-Thursday, October 31**. Any New England scenes are acceptable. Please do not include pictures of people or pets. Please bring in your photos by **Thursday, October 24**. The contest is open to seniors age 60 & older who are Holden residents or members of the Holden Senior Center. Amateurs may submit up to 3 photos sized 3x5 through 11x14 matted

SHINE DATES FOR OCTOBER~ BY APPOINTMENT ONLY

WEDNESDAYS, OCTOBER 9 and 23



OCTOBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FRIDAY, OCT. 18  FOOD PANTRY DISTRIBUTION	1 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Burger w/Chili & Cheese 1:00 Bingo 1:00 Bridge 1:15 Chair Yoga-BEGINNER 2:30 Chair Yoga-ADVANCED	2 8-4:00 Billiards 9:00 Tai Chi 9:30 Needlework 10:00 Scrabble 12:00 Senior Lunch Roast Pork Loin w/gravy 1:00 Pitch Party	3 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch Turkey Supreme Balance Class 1:00 Bridge 2:30 Chair Yoga-MULTI	4 8-4:00 Billiards 8:30-10:30 Morning Glory Cafe 10:00 Poker 10:00 Ladies Billiards Lessons 12:00 Senior Lunch Chicken Drumsticks 1:00 Cribbage 1:15 Oriol Senior Fitness
7 8-4:00 Billiards 10:30 Tai Chi 10:30-12:15 Free Legal Clinic 12:00 Senior Lunch Shepard's Pie 1:00 Getting What You Need to S...pendent 	8 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Chicken Picatta 1:00 Bingo 1:00 Bridge 1:15 Chair Yoga-BEGINNER 2:30 Chair Yoga-ADVANCED	9 SHINE by Appt. Only 8-4:00 Billiards 9:00 Tai Chi 9:30 Needlework 10:00 Scrabble 12:00 Public Power Lunch By Reservation only HOLDEN ELDERS ONLY 1:00 Pitch Party	10 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch American Chop Suey 1-3:30 Flu Shot 1:00 Bridge 	11 8-4:00 Billiards 8:30-10:30 Morning Glory Cafe 10:00 Poker 10:00 Ladies Billiards Lessons 12:00 Senior Lunch Pork Rib-I-Que 1:00 Cribbage 1:15 Oriol Senior Fitness
14 SENIOR CENTER  COLUMBUS DAY	15 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Pinwheels w/Marinara Sauce 1:00 Bingo 1:00 Bridge 1:15 Chair Yoga-BEGINNER 2:30 Chair Yoga-ADVANCED	16 8-4:00 Billiards 9:00 Tai Chi 9:30 Needlework 10:00 Scrabble 12:00 Senior Lunch Chicken Milano 1:00 Pitch Party 1:00 Am...ell	17 8-4:00 Billiards 10:00 Mah Jongg 10:00 Book Discussion Group 10:30 Low Impact Exercise 12:00 Senior Lunch Salisbury Steak 12:45 Balance Class 1:00 Bridge 2:30 Chair Yoga-MULTI	18 8-4:00 Billiards 8:30-10:30 Morning Glory Café 10:00 Poker 10:00 Ladies Billiards Lessons 12:00 Senior Lunch Potato Crunch Fish 1:00 Cribbage 1:15 Oriol Senior Fitness
21 8-4:00 Billiards 10:30 Tai Chi 12:00 Senior Lunch Pulled Pork w/BBQ Sauce	22 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Meatballs w/Onion Gravy 1:00 Bingo 1:00 Bridge 1:15 Chair Yoga-BEGINNER 2:30 Chair Yoga-ADVANCED	23 SHINE by Appt. Only 8-4:00 Billiards 9:00 Tai Chi 9:30 Needlework 10:00 Scrabble 10:30 Low Impact Exercise 12:00 Senior Lunch Vegetable Cheese Bake 1:00 Pitch Party 1:00 Ghosts w/Jeff Belanger	24 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch BBQ Chicken 12:45 Balance Class 1:00 Bridge 2:30 Chair Yoga-MULTI	25 8-4:00 Billiards 8:30-10:30 Morning Glory Cafe 10:00 Poker 10:00 Ladies Billiards Lessons 12:00 Senior Lunch Teriyaki Beef 1:00 Cribbage 1:15 Oriol Senior Fitness
28 8-4:00 Billiards 10:30 Tai Chi 12:00 Senior Lunch Meatballs 	29 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Chicken Fajitas 1:00 Bingo 1:00 Bridge 1:15 Chair Yoga-BEGINNER 2:30 Chair Yoga-ADVANCED	30 8-4:00 Billiards 9:00 Tai Chi 9:30 Needlework 10:00 Scrabble 10:30 Low Impact Exercise 12:00 Senior Lunch Roast Pork w/Gravy 1:00 Pitch Party	31 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch Beef Patty w/Onions/Peppers 12:45 Balance Class 1:00 Bridge 2:30 Chair Yoga-MULTI	ANY ACTIVITY (or MENU) CAN CHANGE WITHOUT NOTICE

BOOK DISCUSSION GROUP



Our book discussion group will meet on **Thursday, October 17 at 10:00 a.m.** to discuss the book **The Only Woman in the Room** by Marie Benedict.

She possessed a stunning beauty. She also possessed a stunning mind. Could the world handle both?

Her beauty almost certainly saved her from the rising Nazi party and led to marriage to an Austrian arms dealer. Underestimated in everything else, she overheard the Third Reich's plans while at her husband's side, understanding more than anyone would guess. She devised a plan to flee in disguise from their castle, and the whirlwind escape landed her in Hollywood. She became Hedy Lamarr, screen star. But she kept a secret far more shocking than her heritage or her marriage: she was a scientist. And she knew a few secrets about the enemy. She had an idea that might help the country fight the Nazis ... if anyone would listen to her.

An incredible novel based on the incredible true story of the glamour icon and scientist whose groundbreaking invention revolutionized modern communication.

NEED HELP STAYING INDEPENDENT?

Join us for a presentation by Attorney Arthur Bergeron from Mirick O'Connell on **Monday, October 7 at 1:00 p.m. Getting the Help You Need to Stay Independent** - What will it take to keep your independence in your community? Perhaps a little help from your kids? Maybe a lot of help from a local agency? A few home modifications? Attorney Bergeron and his guests, a local geriatric care manager, and a representative from your regional elder services agency, will they explain the options available in your community. Program is free and open to all. Call 508-210-5570 to reserve your seat.



A DELIGHTFUL FALL CONCERT

Be here **Wednesday, October 16 at 1:00 p.m.** as we enjoy a new concert with soloist



Anne Tisdell. Anne will be accompanied by musician and accordion player, Dan Mackowiak. Dan has played at Finn Park, the Frohsinn Club and the Greendale Retired Mens' Club. They will offer a variety of music sure to please. The concert is free and open to all. Please call 508-210-5570 to make your reservation.

BILLIARDS LESSONS FOR LADIES

Ladies, would you like to learn how to shoot billiards?? We have a great opportunity for you. Gerry Stanley is volunteering to offer classes on how to play billiards. Please call 508-210-5570 to register. Class size is limited. Classes are Fridays from 10:00-11:00 a.m.



CHESS ANYONE???



We have some interest in starting a chess group. If you're interested in playing chess, please stop by the window and leave your name and number or call the Senior Center at 508-210-5570 to express your interest.

DID YOU KNOW ... A FEW FUN FACTS

Did you know that 11% of people are left handed?

Did you know Columbus Day first became a state holiday in Colorado in 1906 and a federal holiday in 1937?

Did you know First Lady Anna Harrison (wife of President William Henry Harrison) is the only spouse of a president and grandmother of another (President Benjamin Harrison). She never lived in the White House because her husband died a month after his inauguration.



NOVEMBER HAPPENINGS ...

November 4 ... "Making the Best of Your Remaining Time" w/Attorney Bergeron

November 13 ... "Native American Women in the King Philip War"

November 15 ... Meet Your Veterans' Agent at the Café

November 18 ... "World War II Letters"

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.

ATTENTION HOLDEN PROPERTY OWNERS 65 OR OLDER

Did you know that you may qualify for up to \$1000 off your real estate tax bill? A Real Estate Exemption may be available to elderly taxpayers who are record owner(s) of property & who meet certain Income and Whole Estate qualifications.

- * Applicants must be 65 years old prior to **July 1, 2019**, have owned property in Massachusetts for 10 years.
- * Income from all sources in **Calendar Year 2018** must be less than \$20,000 for a single person, or \$30,000 for a married couple.
- * "Whole Estate" which is balances of bank accounts, value of stocks, bonds and other securities as of **July 1, 2019** must be less than \$40,000 for a single person or \$55,000 for a married couple. This does not include the value of your property.



If you think you may qualify, please call the **Assessors Office** at **508-210-5515** between the hours of 8:00 a.m. and 4:00 p.m. Monday, Wednesday, Thursday; 8:00 a.m.-7:00 p.m. Tuesday and 8:00 a.m. to 12:00 noon on Friday. We would be happy to set up an appointment to help you fill out the application.**

Applications are applied annually to the **Actual Fiscal Year Real Estate tax bill issued on or about

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
1130 Main Street
Holden, MA 01520

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