



# Among Friends



September 2023

**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](http://www.fhcoa.org) or find us on Facebook:  
Friends of the Holden Council on Aging

*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*

In case you haven't noticed, we are getting busy. Parking can be at a premium, and more classes mean that programs have to end on time. We are not throwing you out of the center. Please stay and chat in the library or ask at the front desk for a place to relax. We love seeing all of our friends and friends-to-be. The Senior Center is here to offer educational, nutritional, physical, and social activities. Our doors are open for you to join us. *Karen*



### COA Board of Directors

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

### September is National Senior Center Month

This year's theme is "Discover Yours." The theme encourages people to come to the senior center—whether you are a regular, or, especially, if you have never visited. The theme is meant to encourage older adults to discover their unique interests, talents, and aspirations. It conveys a sense of exploration, self-discovery, and individuality. Please join us to discover your—

By all these lovely tokens, September days are here. With Summer's best of weather and Autumn's best of cheer.

Helen Hunt Jackson



Friendships



Health



Creativity



Purpose



**24 Hour In-Home Care For the Ones You Love!**

Live-In Care • Personal Hygiene • Dementia Care  
Companionship • Veteran's Care • Respite Care  
Mobility Assistance



Call Today - 774-772-6288

info@activatehomecare.com  
www.activatehomecare.com



**NEVER MISS OUR NEWSLETTER!**

**SUBSCRIBE**

Have our newsletter emailed to you.



Visit [www.mycommunityonline.com](http://www.mycommunityonline.com)

Let us ensure you and your family are cared for throughout your lives, and after your death.

- Wills, Trusts, Healthcare Proxy
- MassHealth/Medicaid Planning, Eligibility and Applications
- Special Needs Trusts
- Estate Administration
- All Aspects of Elder and Disability Law

To learn more and schedule a free initial appointment, please call 508-829-6500, or email us at Kimberly.Asher@kjasherlaw.com.



Kimberly Asher, Esq.

**Asher Law Office**  
800 Main St., Holden, MA 01520  
508-829-6500



A WARM & FRIENDLY  
SENIOR LIVING COMMUNITY

Independent Living Cottages & Apartments, Assisted Living, Memory Care Assisted Living & Knollwood Nursing Center.

Schedule a tour today!

**508-852-2670**

65 Briarwood Circle, Worcester  
[www.BriarwoodRetirement.com](http://www.BriarwoodRetirement.com)

**LET'S GROW YOUR BUSINESS**  
Advertise in our Newsletter!

**CONTACT ME**  
**Susanne Carpenter**

[scarpenter@lpicommunities.com](mailto:scarpenter@lpicommunities.com)  
**(800) 477-4574 x6348**



Senior Moving,  
Organizing, Relocating  
And So Much More...

We will Right Size You!  
[rightsizedliving.net](http://rightsizedliving.net)



Jennifer Baker  
Owner

Call Us and See Why Our Clients Love Us!  
774-764-7725

**Place Your Ad Here and Support our Community!**

Instantly create and purchase an ad with

**AD CREATOR STUDIO**



[lpicommunities.com/adcreator](http://lpicommunities.com/adcreator)



Dr. Anthony Tickner, DPM



*Your Total Foot Care Solution*

Podiatric Medicine

Surgery

Wound Care

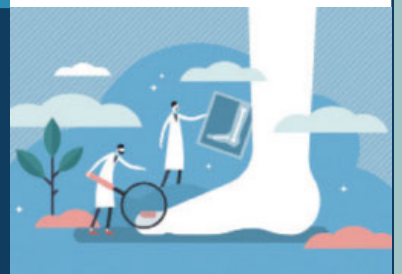
Call For Appointment Today:

508-829-6645

795 Main Street,

Holden, MA 01520

[www.masspodiatrists.com](http://www.masspodiatrists.com)



**Holden Community Garden Open House—Saturday, September 9, 10-12 noon**

The Holden Community Garden welcomes all to visit the garden. See what your neighbors have been doing and learn about our new programs.

**Oriol Foundation Health Expo** will be at the Senior Center on Tues, Sep 12 from 10AM—1 PM. All other Senior Center programs are canceled for the day.

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.



**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.



**Mark your calendars: Planning for Medicare talk by BC/BS will be on October 2 at 1 PM.**

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

**October 17**—Encore Boston Harbor with \$20 free slot (subject to change). \$47 per person.

**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, September 21 at 10 AM—Demon**



**Copperfield** by Barbara Kingsolver. Set in the mountains of southern Appalachia, this is the story of a boy born to a teenaged single mother in a single-wide trailer, with no assets beyond his dead father's good looks and copper-colored hair, a caustic wit, and a fierce talent for survival.

**The Joy of Chocolate with John Goodhile from Stewart's Chocolates**

Join us on Wed., Sep. 13 at 1 PM to learn all you ever wanted to know about chocolate. He will discuss where it comes from and how to make it into the delicious treat that we all enjoy. Sign up at the Senior Center or call us at 508-210-5570.

**Card Making Class—**

Carol Hodgerney will be leading a card making class on Mon, Sep 11 and Mon, Sep 25 at 9 AM. Let your creative side show. Kits will be provided at \$5.00 per kit. Class size will be limited. Register for the class at the Senior Center or call us at 508-210-5570.



**Make a fall porch pot with Bemis Farms Nursery on Wed., Sep 6 at 1 PM.** Cost is \$25 per person, payable at sign up (cash only). Learn about the thriller, the chiller, and the filler!! Sign up by Sept 1 at the Senior Center.



**Fall Prevention Talk on Wed, Sep 20 at 1 PM.**

Physical Therapy Innovations will be here to talk about how to stay safe. Falling is a huge fear for most seniors. Learning how to prevent a fall will help alleviate those fears. Sign up at the Senior Center or call us at 508-210-5570.



**Floral Arranging Class with Debbie from DiMeco's Nursery will be here on Mon., Sep 18**

**at 1 PM** Make a seasonal mixed floral arrangement in a vase and learn techniques to take with you. The cost is \$20 per person, payable at sign up (cash only). The Friends are subsidizing this program. Sign up by Sep 8 at the Senior Center.

**“Coffee and..” on Thurs, Sep 14 from 9-10 AM.** This month's special guests are Fire Chief Hall and Police Chief Sherblom. Come and learn about our Public Safety offices. Sign up at the Senior Center or call us at 508-210-5570.



**Attention Senior Pen Pals—**The Meet and Greet will be in the cafeteria at Mayo School on Thurs, Sep 21 at 2 PM. All pen pals are expected to attend. Please RSVP by September 14 with Lisa at 508-210-5574.

**Having trouble touching your toes? Let the FootRN2U Clinic cut your toenails.** Call Bonnie at 774-239-3449 or email [footrn2u@gmail.com](mailto: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 Volturno Pizza on Shrewsbury St in Worcester on Thursday, September 14 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

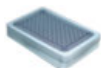


**Card Games**

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 AM



**SHINE Counselor**

The counselor will help with health insurance on Wed, Sep 13 and Sep 27. 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., September 11. Appointments are required.



**Write On**

Mondays at 10:30 AM

This is a creative writing group.



## September 2023

Monday	Tuesday	Wednesday	Thursday	Friday
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!	<b>Billiards Room is available every day the Senior Center programs are running from 8-4.</b> <b>Any activity or menu item can change without notice.</b>		<b>Don't forget to fill out the Public Health survey online at <a href="https://holdenma.gov">holdenma.gov</a> or in paper at the Senior Center.</b>	1 No coffee 10 Poker 12 lunch—Hot dog 1 Spring Chicken Fitness free
4 <b>Senior Center closed for Labor Day</b>	5 9 Photography 9:30 Knotty Knitters 10-11 Blood Pressures 10:30 Low Impact Exercise \$4 12 lunch—meatloaf 1 Bingo 1 Balance Class free	6 9 Tai Chi \$5 9-11 Adult Coloring 10-12 Piano lessons 9-12 Needlework 12 Lunch—turkey 1 Caregivers 1 Pitch party 1 Bemis Fall Porch Pot class	7 10 Painting 10:30 Low Impact Exercise \$4 12 Lunch— mac and cheese 12-1 Piano for beginners 1 Chair Yoga \$3 1 Photography 1 Dominoes and cribbage	8 8:30-10:30 Morning Glory Café 10 Poker 12 lunch—chicken mornay 1 Spring Chicken Fitness free 
11 9 Tai Chi \$5 9 Card making \$5 9-11 Adult Coloring 10:30 Legal Clinic 10:30 Write On 12 lunch— pork rib-i-que 12 Bridge 1:30 Mah Jongg	12 Oriol Health Care Health Fair 10 AM—1 PM  (all other programs cancelled for the day) 	13 9 Tai Chi \$5 9-11 Adult Coloring 10-12 Piano lessons 9-12 Needlework 12 lunch—Sloppy Joe 1 Pitch party 1 The Joy of Chocolate 2:30 Drop in cell phone class	14 9 Coffee and ... 10 Painting 10:30 Low Impact Exercise \$4 11:30 Out to Lunch Bunch 12 Lunch—chicken cacciatore 12-1 Piano for beginners 1 Chair Yoga \$3 1 Photography 1 Dominoes and cribbage	15 8:30-10:30 Morning Glory Café 10 Poker 12 lunch—fish 1 Spring Chicken Fitness free <b>FOOD PANTRY DISTRIBUTION</b>
18 9 Tai Chi \$5 9-11 Adult Coloring 10:30 Write On 12 lunch— chicken pot pie 12 Bridge 1:30 Mah Jongg 	19 9 Photography 9 Yoga with weights \$3 9:30 Knotty Knitters 10-11 Blood Pressures 10:30 Low Impact Exercise \$4 12 lunch—spaghetti & meatballs 1 Bingo 1 Balance Class free 1 American Legion	20 9 Tai Chi \$5 9-11 Adult Coloring 10-12 Piano lessons 9-12 Needlework 12 Lunch—lentil stew 1 Pitch party 1 Fall Prevention	21 10 Painting 10 Book Club 10:30 Low Impact Exercise \$4 12 Lunch—potato crunch fish 12-1 Piano for beginners 1 Chair Yoga \$3 1 Photography 1—Dominoes and cribbage	22 8:30-10:30 Morning Glory Café 10 Poker 12 lunch— garlic herbed chicken 1 Spring Chicken Fitness free 
25 9 Tai Chi \$5 9 Card making \$5 9-11 Adult Coloring 10:30 Write On 12 lunch— western omelet 12 Bridge 1 Movie 1:30 Mah Jongg 	26 9 Photography 9 Yoga with weights \$3 9:30 Knotty Knitters 10-11 Blood Pressures 10:30 Low Impact Exercise \$4 12 lunch— Shepherd's pie 1 Bingo 1 Balance Class free	27 9 Tai Chi \$5 9-11 Adult Coloring 10-12 Piano lessons 9-12 Needlework 12 Lunch—baked ham 1 Pitch party 2:30 Drop in cell phone class	28 10 Painting 10:30 Low Impact Exercise \$4 12 Lunch— stuffed pepper casserole 12-1 Piano for beginners 1 Chair Yoga \$3 1 Photography 1 Dominoes and cribbage	29 8:30-10:30 Morning Glory Café 10 Poker 12 lunch— ranch chicken 1 Spring Chicken Fitness free

**ADT-Monitored Home Security**  
Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Fire Safety


- Flood Detection
- Carbon Monoxide



**833-287-3502**



**SafeStreets**



*Your Local Caring Funeral Home*

**Your Advance Planning  
Information Center**

1158 Main Street, Holden  
**508-829-4434**

100 Worcester Road, Sterling  
**978-422-0100**

**Richard Mansfield  
Ricky Mansfield**  
Funeral Directors

*"Serving the Community of Holden Since 1896"*



Open House  
By Appointment  
Sundays  
11-3pm

### A state of the art, affordable retirement village in Rutland

Create and design your own home.  
Only 6 Sites Left!

Homes Available | Financing Available

Call 508-886-6565  
for more information.  
bigelowvillage.com



Bigelow Village

Lighting the way... to a new beginning

Conveniently located  
near town center on Maple Ave.

## Harrington Oil

"Our Customers are Warm Friends"

508-829-0044

SENIOR/VETERAN DISCOUNTS

752 Main Street, Holden, MA

www.harringtonoilinc.com

## HOLDEN HEARING AID CENTER, INC.

695 Main St., Holden, MA

508-829-5566

DrMoreno@HoldenHearingAid.com

www.HoldenHearingAid.com



Matthew Moreno, Au.D.  
DOCTOR OF AUDIOLOGY

# BUSY BEE

NURSERY & LANDSCAPE CONSTRUCTION



Trees • Shrubs • Perennials  
Planting • Walks • Patios • Walls  
Hydroseeding • Excavation • Grading  
Pruning & Tree Work

Rte. 68, Holden

508-829-5380

www.busybeenursery.com

10% Senior  
Discount on  
Nursery Stock



For Admissions &  
Tours Call: (508) 829-1111  
www.oriolhealthcare.com

Holden Rehab & Skilled Nursing  
Oriol Therapy Services • Oakdale Rehab & Skilled Nursing

YOU have a CHOICE – Choose US for your Rehab Needs  
Services Offered:

- Short-Term Rehab, Outpatient Therapies
- Community Health Education Programs



Your Hometown Medicare Advantage Plan

Are You Turning 65 Soon?

## AS WE GET OLDER, WE GROW WISER...

Enhance your lifestyle with an  
eternalHealth Medicare Advantage plan.

- ✓ Monthly premiums as low as \$0
- ✓ Dental, vision, hearing & prescription drug coverage
- ✓ Value adding benefits including unlimited transportation, OTC allowance, fitness benefit, and more!

Call Today to learn more about the value adding benefits eternalHealth has to offer!

www.eternalHealth.com/turning65  
1 (888) 418-4982 (TTY 711)

eternalHealth is an HMO plan with a Medicare Contract for HMO and PPO offerings. Enrollment in eternalHealth depends on contract renewal.

Y0160\_LPIA4\_M



Beautiful Senior Housing  
1 & 2 Bedroom Apartments

Rent includes:

- Professionally Managed-Elevator Building
- Spacious Floor Plans
- Maintenance Free Living
- Heat & Hot Water Included
- Community Room
- Additional Storage Space
- Patio & Garden
- Pet Friendly
- Smoke free building
- Fitness Room



Call for a  
Personal  
Tour

Call Today:  
508-799-3990, TDD 711

260 Grove Street  
Paxton, MA 01612  
thehillspaxtonvillage@wingatecompanies.com  
www.thehillspaxtonvillage.com

Head of Household must be 62 years of age or older. Other household member must be at least 55 years of age. Our Office hours are 9 am to 3 pm Monday through Thursday.

CELEBRATING OUR 100<sup>TH</sup> YEAR

# SUNNYSIDE



122A/944 Main Street • Holden, MA

508 • 829 • 4333

www.sunnysideford.com



Home Modification Loan Program

Provides 0% interest loans up to \$50,000 to make homes more accessible.

- Ramps & Fences
- Bathroom & Kitchen Adaptations
- Therapy spaces
- Wheelchair & Stair Lifts

Live more safely  
at home!



www.rcapsolutions.org/HMLP

(978) 630-6725 • homemodloan@rcapsolutions.org

**Friends' Corner**



The Morning Glory Café will reopen on Friday, September 8! There will be some notable changes. (Don't worry—Wayne will be back as our favorite emcee.) You will now be able to serve yourself coffee/tea and choose from a variety of home-made pastries. You will take a ticket when you get what you want and pay on your way out. There will still be volunteers to help, if needed. Coffee and tea—\$1.00 Pastries—\$1.00 Breakfast sandwiches—\$4.00 We are still in need of volunteers to wait on tables, to make the coffee, and to bake. Even one Friday a month would be greatly appreciated. Please contact Wayne or leave your name and number at the front desk if you are interested.

Good bye Summer, Hello Fall Luncheon—We are sponsoring a buffet lunch on Monday, September 11 at 12 PM. We will offer a variety of sandwich meats, some vegetarian choices, salad, drinks, and dessert. Reservations are required. It will be \$5.00 per person, payable at sign up. This is limited to 100 people, so don't delay! We will have a door prize. Come and join us for a fun afternoon.

Friends' Meeting—Join us for the monthly meeting on Monday, September 11 at 10 AM.

**New offering—Mexican Train Dominoes and cribbage will be on Thursday afternoons from 1-3 PM. All are welcome.**

**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.*

Return Service Requested

Friends of the Holden COA  
Holden Senior Center  
1130 Main Street  
Holden, MA 01520  
Holden, MA 01520

Presorted Standard  
U.S. Postage  
PAID  
Holden, MA 01520  
Permit No. 34  
Permit No. 34