

Among Friends September 2021



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



HOME-COOKED LUNCH

We're going "pre-COVID" and hosting a home-cooked lunch here in our building. We invite you to join us on **Wednesday, September 15 at Noon** when our menu will be barbecue chicken thighs, (a new recipe from a staff member!) potato, broccoli, rolls and butter, beverage, with apple pie for dessert.



Reservations are **REQUIRED** and will be accepted through Friday, September 10 or until we reach capacity. Cost for this meal will be \$5.00 per person payable the day of the lunch. **We respectfully ask you bring exact change.** We do not hold a great amount of money here with which to make change. **PLEASE NOTE: Unfortunately we will be unable to meet requests for take out or grab & go lunches.**

DON'T BE A VICTIM

The Holden Senior Center will host Robin Putnam from the Office of Consumer Affairs and Business Regulation. Robin will speak on **Identity Theft and Scams**, with time for questions at the conclusion of the talk. In 2020, people aged 50 and over lost \$1.8 billion to fraud. Learn how to identify these scams and protect yourself from loss. The program is free and open to all and is sponsored by the Office of the District Attorney. We thank them for their generosity. This timely program will be held on **Monday, September 13 at 1:00 p.m.** Please call 508-210-5570 to reserve your seat.



TRAILBLAZERS BY TIMING - ACTIVITISTS BY CHOICE



Join us on **Wednesday, Sept. 22 at 1:00 p.m.** for a portrayal of the women who worked tirelessly to earn the VOTE and other rights for women. Lynne McKenney Lydick, a popular local actor, gives a compelling performance of those women who struggled for equality more than 100 years ago. This event is sponsored by our Local Cultural Council and is open to all at no cost. We thank the Cultural Council for their generosity and support. Please reserve your seat by calling the Senior Center at 508-210-5570.

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

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, Greg Tivnan,
Katherine LePain, Jackie Latino
Meal Site Manager: Tom Chviruk - 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.

In Memoriam ...



John Andrew Christo - husband of Blanche R. Christo

David Leo Peterson - husband of Janice L. (Noble) Peterson

Edna M. Tilander - widow of Conrad N. Tilander

Joyce A. Burke - widow of James F. Burke (deceased January 2021)

Joseph P. Carlson - widower of Benilda R. Carlson

Patricia A. Fairall Ring - wife of Lloyd Ring

Robert G. Belk - husband of Gail (Sanders) Belk

Charlotte A. Overton - widow of A. J. Overton (deceased 2013)

Richard M. Karsberg - widower of Norma C. (Storey) Karsberg (deceased 2016)

Mario A. Papale - husband of Frances A. (Riik) Papale

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

... on **Thursday, September 16 at 10:00**. This month's selection is *The Kitchen Front* by Jennifer Ryan.



Two years into WWII, Britain is feeling her losses: The Nazis have won battles, the Blitz has destroyed cities, and U-boats have cut off the supply of food. In an effort to help housewives with food rationing, a BBC radio program called *The Kitchen Front* is holding a cooking contest - and the grand prize is a job as the program's first ever female co-host. For four very different women, winning the competition would present a crucial chance to change their lives. For a young widow it's a chance to pay off her husband's debts and keep a roof over her children's heads. For a kitchen maid, it's a chance to leave servitude and find freedom. For a lady of the manor, it's a chance to escape her wealthy husband's increasingly hostile behavior. And for a trained chef, it's a chance to challenge the men at the top of her profession.

These four women are giving the competition their all - even if that sometimes means bending the rules. But with so much at stake, will the contest that aims to bring the community together only serve to break it apart?

PUBLIC POWER WEEK LUNCH

Please join us on **Tuesday, October 5 at Noon** for our Annual Public Power Week Lunch. This luncheon is paid for by the Holden Municipal Light Department and is prepared by the Senior Center Staff and staff from the DPW Buildings and Grounds. Our menu this year is roast beef; potato; gravy; butternut squash; rolls and butter; beverage and dessert. This lunch is for **HOLDEN RESIDENTS ONLY**. Reservations are **REQUIRED** and can be made by calling 508-210-5570. We will accept reservations through Friday, September 24 OR until we reach capacity.



WELCOME, WELCOME, WELCOME!



It's our pleasure to welcome Tom Chviruk to our team as our new meal site manager. Tom comes to us with 40 plus years of food service experience. His first day is August 30. Please stop by, introduce yourself and welcome Tom to Holden.

From the Outreach Office

We hope you all have had a wonderful summer as we head into the autumn season.

The Outreach office can provide applications for Food Pantry and delivery, SNAP (food stamps), Housing, Mass Health, Help at HOME, and much more. We can also provide you with a File of Life. We have two sizes one to magnetize to your refrigerator and one that will fit into your wallet.

Have you checked out the Fall reading list at the Gale Free Library? The Outreach office is here to assist with book deliveries to your home. Please contact the Library (508-210-5560) to sign up. We also deliver puzzles, movies and magazines.

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



PIANO LESSONS

PIANO LESSONS ARE BACK!

Our piano teacher, Dennis will be back offering lessons every Wednesday beginning **Wednesday, September 8**. At **10:00 a.m.** he will offer Beginners Piano and at **11:00 a.m.** he will offer lessons in chords. Cost is \$5.00/lesson payable directly to Dennis. If you'd like to participate, please call the Senior Center at 508-210-5570 to register for the class you'd like to take.

FLU SHOT CLINIC



We will hold a flu shot clinic on **Thursday, September 23 from 1:00 p.m.-3:30 p.m.** here at the Senior Center. No appointment is necessary. Please bring your insurance card with you. Your insurance will be charged; there will be no "out-of-pocket" expense to you.

A big thank you to Pharmacist Dan Cassel and our friends at Walgreens for providing this clinic!



DIGITAL PHOTOGRAPHY



The Photography Group met on Thursday, August 12 to discuss what their schedule will be going forward. There are approximately 25 enthusiastic members as of now with room for anyone else that would like to join. The Senior Center has 5 computers with photo editing software for use by members of the group. If you're interested in joining the group or if you have questions, please call the Senior Center at 508-210-5570.

FREE LEGAL CLINIC

Attorney Arthur Bergeron from the law firm of Mirick O'Connell will offer free 15 minute consultations on **Monday September 13**. 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.





Labor Day

SEPTEMBER 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>FLU SHOT CLINIC</p>  <p>THURS., SEPT. 23</p>	<p>FOOD PANTRY SENIOR DISTRIBUTION</p>  <p>SEPTEMBER 17</p>	<p>1</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>2</p> <p>8-4:00 Billiards 10:30 Low Impact Exercise 12:00 Congregate Lunch</p> 	<p>3</p> <p>8-4:00 Billiards 8:30- 10:30 Morning Glory Cafe 10:00 Poker 12:00 Congregate Lunch 1:00 Cribbage 1:00 Spring Chicken Fitness</p>
<p>6</p> <p>8-4:00 Billiards 9:00 Tai Chi <i>(on the ballfield)</i> 12:00 Congregate Lunch</p> 	<p>7</p> <p>8-4:00 Billiards 9:00 Chair 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>8</p> <p>8-4:00 Billiards 9:00 Tai Chi <i>(on the ballfield)</i> 9:30 Needlework 10:00 Piano Lessons 1:00 Pitch Party</p> 	<p>9</p> <p>8-4:00 Billiards 10:30 Low Impact Exercise 12:00 Congregate Lunch</p>	<p>10</p> <p>8-4:00 Billiards 8:30- 10:30 Morning Glory Cafe 10:00 Poker 12:00 Congregate Lunch 1:00 Cribbage 1:00 Spring Chicken Fitness</p>
<p>13</p> <p>8-4:00 Billiards 9:00 Tai Chi <i>(on the ballfield)</i> 10:00 Friends Meeting 10:30-12:15 Free Legal Clinic 12:00 Congregate Lunch 1:00 Identity Theft and Scams</p>	<p>14</p> <p>8-4:00 Billiards 9:00 Chair 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>15</p> <p>8-4:00 Billiards 9:00 Tai Chi <i>(on the ballfield)</i> 9:30 Needlework 10:00 Piano Lessons 12:00 Home-Cooked Lunch by RESERVATION 1:00 Pitch Party</p>	<p>16</p> <p>8-4:00 Billiards 10:00 Book Club 10:30 Low Impact Exercise 12:00 Congregate Lunch</p> 	<p>17</p> <p>8-4:00 Billiards 8:30- 10:30 Morning Glory Cafe 10:00 Poker 12:00 Congregate Lunch 1:00 Cribbage 1:00 Spring Chicken Fitness</p>
<p>20</p> <p>8-4:00 Billiards 9:00 Tai Chi <i>(on the ballfield)</i> 12:00 Congregate Lunch</p>	<p>21</p> <p>8-4:00 Billiards 9:00 Chair 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>22</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 1:00 Trailblazers by Timing Activitists by Choice</p>	<p>23</p> <p>8-4:00 Billiards 10:30 Low Impact Exercise 12:00 Congregate Lunch 1:00-3:30 Flu Shot Clinic ~ please bring your insurance card</p>	<p>24</p> <p>8-4:00 Billiards 8:30- 10:30 Morning Glory Cafe 10:00 Poker 12:00 Congregate Lunch 1:00 Cribbage 1:00 Spring Chicken Fitness</p>
<p>27</p> <p>8-4:00 Billiards 9:00 Tai Chi <i>(on the ballfield)</i> 12:00 Congregate Lunch</p> 	<p>28</p> <p>8-4:00 Billiards 9:00 Chair 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>29</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>30</p> <p>8-4:00 Billiards 10:30 Low Impact Exercise 12:00 Congregate Lunch</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.

Sept. 16 - Narragansett Lighthouse - \$99/person

October's Green Mountain Trip cancelled - new trip to be announced.

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

Dec. 15 - Holiday Boston Pops/Keith Lockhart - Venezia Restaurant/Chicken Parmesan or Baked Haddock
PRICE TO BE DETERMINED

PROOF OF COVID VACCINATION WILL BE REQUIRED FOR EACH TRIP.

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.

FROM THE FRIENDS OF HCOA ...

Wow! ... Here we are entering the beginning of the FALL season ... and so quickly as we are beginning to feel more comfortable getting out & enjoying the many activities available to us. Speaking of getting out and about, our seniors are enjoying the many 2021 DAY TRIPS being offered now. We have had a wonderful turnout recently for the DAY TRIPS & have many signed up for the Narragansett Lighthouse trip (Sept. 16) ... and the winter trips as well. Please check the itinerary for the future DAY TRIPS shown in this newsletter. The turn out for the Morning Glory Café has been phenomenal each Friday from 8:30 to 10:30. This is a great time to catch up with what is going on with your FRIENDS & neighbors. Our next meeting is scheduled for **Sept. 13th at 10:00 a.m.** at the Senior Center, please join us.



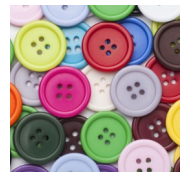
OUT TO LUNCH BUNCH

On **Wed., Sept. 15 at Noon** we will be joining the Seniors from the Rutland COA for lunch at Hartman's Herb Farm 1026 Old Dana Rd., Barre. The cost is **\$35/person** which includes meal tax & gratuity. The menu: Herbal Dip & Crackers, Fruit Platter, Cracker & Cheese Platter & Salad to start. Main Entrees (choose 1) Chicken Mediterranean (baked chicken with onion, tomatoes, feta cheese, smothered in an herbed butter sauce) or Herb Baked Haddock; Rosemary Roasted Potatoes; Steamed Green Beans; Strawberry Shortcake; Tea; Coffee or Punch. Please call Dale at 508-210-5576 if you'd like to attend. If she's unavailable, please leave a voicemail with your name, phone and that you'd like to attend the Out to Lunch Bunch luncheon. Please remember to speak slowly, clearly and at an appropriate volume. **Please make your checks payable to "Friends of Rutland COA".**



BUTTON, BUTTON, WHO'S GOT THE BUTTON?

Our knitting ladies are in need of buttons. If you have buttons that you'd like to donate, please bring them to the Senior Center and we'll be certain the ladies get them. Thank you for your generosity.



LOOKING FOR SOMETHING TO DO?



We are looking for assistance at the Morning Glory Café. The Café is open every Friday from 8:30-10:30. We could use waiters/waitresses and perhaps someone to greet and seat people. You don't have to commit to every Friday but if this interests you, please come in on a Friday morning and ask to speak to Paula Grady. We'd love to see you and thank you for your help.

**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: _____
E-mail: _____

SEPTEMBER MENU (Menu subject to change without notice)

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1) Meatloaf w/Gravy 2) Turkey w/Supreme Sauce 3) Potato Crunch Fish

6) **LABOR DAY**
No Meals Served

7) Vegetable
Cheese Bake

8) Chicken Milano

9) Salisbury Steak

10) Lasagna Rolls
w/Meatballs

13) Chicken Picatta

14) Meatballs with
Onion Gravy

15) Marinated Pork
Loin

16) Chicken with
BBQ Sauce

17) Ham Salad

20) Lemon Pepper
Cod

21) Beef with
Peppers & Onions

22) Roast Pork
w/Gravy

23) Macaroni and
Cheese

24) Chicken Fajitas

27) Teriyaki Beef

28) Buttermilk
Chicken

29) Baked Potato
w/Chili & Cheese

30) Hot dog & Baked Beans

THANK YOU THANK YOU THANK YOU!

We want to sincerely thank Nancy Melton who stepped up for the summer as Temporary Meal Site Manager. It's never easy to try to fill someone's shoes but Nancy has done an exceptional job. We are grateful and thank her from the bottom of our hearts.



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
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Holden, MA 01520

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