

Among Friends September 2022

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



PLEASE WELCOME THE NEW DIRECTOR

We are excited to introduce Karen Phillips as the new Director of the Holden Council on Aging. A graduate of Wachusett Regional High School and Holy Cross College, Karen brings 25 years of experience working with seniors in various roles with her last position as Senior Center Director for the Town of West Brookfield. Karen is a lifelong resident of Rutland, married with two children, a dog, and 2 cats. "I am excited to be working at the Holden Senior Center. This is a great center. If anyone has any ideas or suggestions, feel free to contact me. I am always open to listening." If you're at the center, please feel free to introduce yourself and make her feel welcome.



PUBLIC POWER WEEK LUNCH

Join the Senior Center, DPW, and Light Department staff as they work together to bring you our annual Public Power Week Lunch. Senior Center and DPW staff will cook while Light Department staff will serve you. This lunch is sponsored by the Holden Municipal Light Department and is for **Holden residents only**. The lunch will be held on **Wednesday, October 5 at Noon**. This year's menu will be: Spaghetti and Meatballs, Garden Salad, Rolls and Butter, Dessert, and Beverage.

RESERVATIONS ARE REQUIRED. We will accept reservations through the close of business (4:00 p.m.) on Friday, September 30 or until we reach capacity. To reserve your seat, please call 508-210-5570. We sincerely thank the HMLD Director, Barry Tupper, and the Holden Municipal Light Department for their generosity.



***The Senior Center will be closed on
Monday, September 5 in observance of Labor Day***

COUNCIL ON AGING BOARD MEMBERS

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

Holden Senior Center
1130 Main Street, Holden, MA 01520
508-210-5570

Director: Karen Phillips
Secretary:
Program Coordinator: Clare Nelson
Transportation Coordinator: Mary Sloan - **508-210-5573**
Outreach Worker: Paula Earley
Outreach Worker: Dale Hayden
Drivers: John Bianco, Katherine LePain, Nancy Melton,
and Ellie Johnson
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 ...



CINDY (WISNER) HENDERSON ~ WIFE OF PAUL HENDERSON

JOSEPH A KALINOWSKI ~ FATHER OF JOSEPH AND ADAM KALINOWSKI

C LOUISE (HARRIS) HADLEY ~ MOTHER OF CRAIG HADLEY AND SHARON HADLEY

LOUISE (BUCHYN) WITZ ~ WIDOW OF WALTER RAAD AND ROBERT WITZ

ROBERT LUSSIER ~ HUSBAND OF DAWN (MINASIAN) LUSSIER

SHIRLEY (ERICKSON) BURDICK ~ WIFE OF ROBERT "BUTCH" BURDICK

ROBERT "BUTCH" BURDICK ~ HUSBAND OF SHIRLEY (ERICKSON) BURDICK

KRISTEN (BRIGGS) GAUDINO ~ MOTHER OF NOELLE MALONEY AND NIKOLAS GAUDINO

HEALTH AND WELLNESS EXPO SPONSORED BY THE ORIOLE FOUNDATION



Join us for our 2nd Oriole Foundation Health and Wellness Expo on **Tuesday, September 13 from 9:00 a.m.-3:00 p.m.** Take advantage of this free opportunity to speak with multiple Senior wellness providers including long-term care, rehab, therapy, assisted living, hospice, Elder Services, dental, and many more. Blood pressure checks and therapy evaluations/demonstrations will also be available. Free tote bag to the first 100 guests and gifts from vendors. Refreshments will be served.

BACK BY POPULAR DEMAND ~ RUSTY GUERTIN

Rusty Guertin will perform here on **Wednesday, September 14 at 1:00 p.m.** Back by popular demand, your favorite guitarist and singer, Rusty Guertin will entertain us again. Join us for an afternoon of music and refreshments. Free and Open to all. Please call 508-210-5570 to reserve your seat!



FREE LEGAL CLINIC



Attorney Arthur Bergeron from the law firm of Mirick O'Connell will offer free 15-minute consultations on **Monday, September 12.** Appointments are **required** and are held between 10:30 a.m. and 12:15 p.m. 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.

FOR OUR VETERANS ...

Greetings to all Veterans of the American services. We are building the American Legion Massachusetts Post 42, and we would like to invite you to join us. Meetings are held at the Holden Senior Center on the 2nd Tuesday of each month at 4:00 p.m. All veterans are welcome, young and old. You do not have to be a vet of foreign wars to join. We were in the military for our country, that is what we stand for, and now we invite you to become part of our post of the American Legion. Meetings are not wrapped up in protocol. We salute the flag and have an enjoyable meeting. Come have coffee and cookies with us and listen to an interesting topic. A wide range of subject matters are covered.



HOW TO NAVIGATE YOUR CELL PHONE AND INTERNET CLASS BEGINS SOON



Our Wachusett Regional High School students are excited to return to the senior center to teach a seven-week course on how to navigate "Your Cell Phone and the Internet". Classes begin **Wednesday, Oct 5th, and run through Nov., 16th.** Meetings will be held @ 2:45 p.m. in the Senior Center cafeteria. Please call the office at 508-210-5570 to sign up.

FROM THE OUTREACH OFFICE

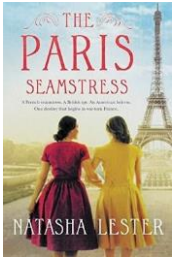


Our summer days have gone by so quickly. We hope you have enjoyed every one of them. The Outreach Office is preparing for the Autumn season. We can provide applications for Food Pantry and Delivery, SNAP (food stamps), Housing, Help at Home, File of Life, and much more. We can assist with book/puzzle delivery to your home. Do you need help with shopping, homemaking or would you like a Hairdresser to visit you at home? A Podiatrist? A friendly Visitor?

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

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

... on **Thursday, September 15 at 10:00 a.m.** This month's selection is **The Paris Seamstress** by Natasha Lester.



1940: As the Germans advance upon Paris, young seamstress Estella Bisette is forced to flee everything she has ever known. She's bound for New York City with her signature gold dress, a few francs, and a dream: to make her mark on the world of fashion.

Present day: Fabienne Bisette journeys to the Met's annual gala for an exhibit featuring the work of her ailing grandmother - a legend of women's fashion design. But as Fabienne begins to learn more about her beloved grandmother's past, she uncovers a story of tragedy, heartbreak, and family secrets that will dramatically change her own life.

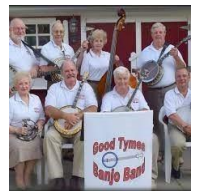
A NEW FLORAL WORKSHOP



We are pleased to offer a new fall floral arrangement workshop on **Wed., Sept. 21 at 1:00 p.m.** Sandy from Herbert Berg Florist will teach you how to make a spectacular bouquet to take home. The cost will be \$15.00 per person which is payable at the time of registration. All materials will be provided. Please come to the Senior Center to register for this class. Seating is limited. **Please note picture may not be representative of actual project**

BANJO BAND CONCERT

The Good Tymes Banjo Band returns for a performance on **Wed., September 28 at 1:00 p.m.** Songs from the '20s through the '70s, from Tin Pan Alley to early rock and roll, will keep you hoppin'. Refreshments will be served. Please call 508-210-5570 to reserve your seat.



PURCHASE A BIG Y BAG AND SUPPORT FHCOA



The Friends of the Holden Council on Aging has been selected by local Big Y store leadership as the benefiting non-profit in the Community Bag Program! **For the month of September 2022, FHCOA will receive a \$1 donation from each purchase of the \$2.50 reusable Community Bag at the Big Y store** located at 160 Reservoir Street Rt 31, Holden MA. We are grateful for any support you can give us!

FLU SHOT CLINIC

As part of our efforts to keep our Seniors safe and healthy, we will hold a flu shot clinic on **Monday, Sept. 19, 2022, from 1:00 p.m. - 3:00 p.m.** The Clinic is open to all on a first-come, first serve basis. Please remember to bring your health cards and have them ready. Masks are not required. Special thanks to Walgreens Pharmacy for providing this clinic.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>FOOD PANTRY SR. DISTRIBUTION</p>  <p>FRI., SEPT. 16</p>	<p>ANY ACTIVITY OR MENU ITEM CAN CHANGE WITHOUT NOTICE</p>		<p>1</p> <p>8-4:00 Billiards 10:00 Painting 10:30 Low Impact Exercise 12:00 Congregate Lunch 1:00 Strength & Cardio 1:00 Photography 2:00 Chair Yoga</p> 	<p>2</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>LABOR DAY</p>  <p>SR. CENTER CLOSED</p> <p>5</p>	<p>STATE PRIMARY ELECTION</p>  <p>NO PROGRAMS VANS WILL OPERATE</p> <p>6</p>	<p>8-4:00 Billiards 9:00 Tai Chi 9:00 Piano Lessons 9:30 Needlework 12:00 Congregate Lunch 1:00 Pitch Party</p>  <p>7</p>	<p>8-4:00 Billiards 10:00 Painting 10:30 Low Impact Exercise 12:00 Congregate Lunch 1:00 Strength & Cardio 1:00 Photography 2:00 Chair Yoga</p>  <p>8</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>9</p>
<p>8-4:00 Billiards 9:00 Tai Chi 10:00 FRIENDS Mo. meeting 10:30-12:15 Free Legal Clinic 11:00 Write On 12:00 Congregate Lunch</p> <p>12</p>	<p>HEALTH AND WELLNESS EXPO</p>  <p>9:00-3:00</p> <p>13</p>	<p>8-4:00 Billiards 9:00 Tai Chi 9:00 Piano Lessons 9:30 Needlework 12:00 Congregate Lunch 1:00 Pitch Party 1:00 Rusty Guertin Concert</p>  <p>14</p>	<p>8-4:00 Billiards 10:00 Painting 10:00 Book Club 10:30 Low Impact Exercise 11:30 Lunch Bunch 12:00 Congregate Lunch 1:00 Strength & Cardio 1:00 Photography 2:00 Chair Yoga</p>  <p>15</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>16</p>
<p>8-4:00 Billiards 9:00 Tai Chi 11:00 Write On 12:00 Congregate Lunch 1-3:00 Flu Clinic</p>  <p>19</p>	<p>8-4:00 Billiards 9:30 Knitting 10:30 Low Impact Exercise Caregivers Group 12:00 Congregate Lunch 1:00 Bingo 1:00 Balance Class</p> <p>20</p>	<p>8-4:00 Billiards 9:00 Tai Chi 9:00 Piano Lessons 9:30 Needlework 12:00 Congregate Lunch 1:00 Pitch Party 1:00 Floral Arrangement Class</p> <p>21</p>	<p>8-4:00 Billiards 10:00 Painting 10:30 Low Impact Exercise 12:00 Congregate Lunch 1:00 Strength & Cardio 1:00 Photography 2:00 Chair Yoga</p> <p>22</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>23</p>
<p>8-4:00 Billiards 9:00 Tai Chi 11:00 Write On 12:00 Congregate Lunch</p>  <p>26</p>	<p>8-4:00 Billiards 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>27</p>	<p>8-4:00 Billiards 9:00 Tai Chi 9:00 Piano Lessons 9:30 Needlework 12:00 Congregate Lunch 1:00 Pitch Party 1:00 Good Tymes Banjo Band Concert</p> <p>28</p>	<p>8-4:00 Billiards 10:00 Painting 10:30 Low Impact Exercise 12:00 Congregate Lunch 1:00 Strength & Cardio 1:00 Photography 2:00 Chair Yoga</p>  <p>29</p>	<p>10:00 Painting 10:30 Low Impact Exercise 12:00 Congregate Lunch 1:00 Strength & Cardio 1:00 Photography 2:00 Chair Yoga</p>  <p>30</p>

2022 DAY TRIPS

To **sign-up** for a trip, please call **508-210-5579** and leave a message leaving your name, phone, trip you're registering for, names of those attending, and meal choice, if applicable. **Or**, meet our Trip Coordinators in the Lounge on Tuesdays from 1:00-2:30 p.m. or Fridays from 9:00-10:30.



SEPT. 13* - **Indian Princess Cruise & Lunch** - \$101.00/person – Baked Cod & Cracker Crust, Tuscan Steak Tips, or Chicken Piccata at Samuel Slater's Restaurant overlooking Beautiful Lake Chargoggagogmanchauggagoggchaubunagungamaugg (Webster Lake).

OCT. 4-6* - **David - Grand Amish Showtime!** Eden Resort & Suites, Four Meals (two breakfasts, two Amish feasts). Native guide throughout Lancaster's Amish country, Kitchen Kettle visit, Sight & Sound Theater's David. \$579 pp double/\$559 pp/triple/\$669 single. **We encourage you to fill out a Waiver Form. A waiver will cost you \$30.00 but will enable you to get your money back should you be unable to go. You can obtain a waiver form from the Trip Coordinators.**

NOV. 1 - **Encore Casino** - \$32.00/person. Includes: driver gratuity/\$20.00 slot play.

DEC. 1 - **Yuletide Newport** - A magnificent lighting display at LaSalette Shrine. A delicious luncheon at Quonset Point Officers Club. \$101.00/person – driver's gratuity included.

Driver's Gratuity is included in prices. Checks are due 30 days prior to each trip & should be made out to "Friends of HCOA." Do not send a check before the 30 days. We will call everyone to remind them.

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 at checking messages at least once daily Monday-Friday. Also, please remember these ladies are VOLUNTEERS and not paid staff.

PROOF OF COVID VACCINATION AND MASKS WILL BE REQUIRED FOR EACH TRIP.

***PLEASE NOTE: OUR SEPTEMBER AND OCTOBER TRIPS WILL BE MEETING THE BUS AT THE DAWSON POOL PARKING LOT ON SALISBURY STREET, HOLDEN, MA**

PLEASE JOIN US...

OUT TO LUNCH BUNCH – *Sept., 15th at 11:30 a.m.*, Bentley Pub Restaurant, 602 Southbridge St., (RT 12) Auburn, MA (close to Auburn Mall)

CAREGIVERS GROUP – *Sept. 20th, 10:30 a.m.* in the Conference room. All welcome. No sign up necessary.

WRITE ON – Our writing class was a huge success and will be meeting once again on Mondays at 11:00 a.m. in the conference room. Please join us if you are interested in writing something fun. Kind criticism is available. Hope to see you there. Call 508-210-5570 to sign up.

FROM THE FRIENDS OF HCOA

Ah, summer winds down so quickly. We have enjoyed a great summer. A little rain would have made it perfect! The FRIENDS are excited to welcome Karen Phillips as the new Director of the HCOA. We wish Karen much success.



We had a terrific response to the OPTION of receiving the monthly Among Friends newsletter via e-mail. Subscribing is easy. Simply go to the Friends website: fhcoa.org. Find **Newsletter** on the menu at the top of the page. Click on **Subscribe**. Fill out the form and you will receive the next available newsletter in your inbox! Thank you for your participation.

The next monthly meeting will be on *Monday, September 12 at 10:00 a.m.* at the Senior Center. We hope to see you at the meeting.

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

Renew My Membership Become a New Member
Enclosed is my \$5.00 Donation



Name: _____
 Address: _____
 Telephone Number: _____
 E-mail: _____
 Amount of Check: ___ \$5.00 ___ \$10.00 ___ Other

SEPTEMBER MENU ~ (Menu subject to change without notice)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1) BBQ Chicken	2) Chicken Cranberry Salad
5) <u>Labor Day</u> No meal served	6) Beef w/Onions & Peppers	7) Chicken Fajitas	8) Roast Pork w/Gravy	9) Macaroni & Cheese
12) Beef Stew	13) Buttermilk Chicken	14) Baked Potato w/Chili & Cheese	15) Hot Dog	16) Shepard's Pie
19) Chicken Mornay	20) Western Omelet	21) Roast Turkey w/Gravy	22) Meatloaf w/Gravy	23) Breaded (Cat)Fish Patty
26) Pork Rib-i-que	27) Swedish Meatballs	28) Sloppy Joe	29) Chicken Cacciatore Casserole	30) Fish w/Crumb Topping

Volunteers Needed for Tax Preparation Tax-Aide, a partnership between the IRS and the AARP Foundation needs volunteer counselors to help low-and moderate-income persons in your community prepare their Federal and Massachusetts income taxes. Additional positions for site greeters are also available. Last year over 4,700 returns were prepared at 41 sites around Worcester County. Nationally almost 3 million taxpayers avail themselves of Tax-Aide services. Volunteers work 4-6 hours per week for the eleven weeks during tax preparation season - Feb 1st to Apr 15th. Training for volunteer preparers will start in November, and most of the training will be online. Internet access and basic computer skills are necessary. For an application and/or further information: <https://www.aarp.org/volunteer/programs/tax-aide/>

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.

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

Return Service Requested

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