

# Among Friends

January 2015

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.

SENIOR SERVICES  
COUNCIL ON AGING  
1130 Main Street  
Holden, MA 01520  
Tel.: 508-210-5570  
Trans.: 508-210-5573  
Nutrition: 508-210-5578



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## TELEPHONE NUMBERS

Senior Center 508-210-5570  
Transportation 508-210-5573  
Dining Site 508-210-5578  
& Lunch Reservations  
Veterans' Agent 508-210-5529  
Fax 508-829-0214

## HOURS

Monday through Friday  
8:00 a.m. to 4:00 p.m.

## BY POPULAR DEMAND... "CITY OF FOUR"



The "City of Four" combo will play here on **Monday, January 12th at 1:00 p.m.** This is the fifth appearance here for this award-winning band of local musicians. The band features Mike Caudill on saxophone, Christian Tremblay on keyboards, Stephen Kerr on bass, and Lucas Apostoleris on drums. The program is free and open to all. Refreshments will be served. Please call 508-210-5570 to reserve a seat.

## HOME COOKED LUNCH W/GUEST CHEFS



The Holden Grange will host the next home-cooked meal at **noon** on **Wednesday, January 21**. Reservations are **required** for this wonderful mid-winter meal featuring chicken & rice soup, assorted sandwiches, and brownie sundae for dessert. Cost of this meal is \$4.00 for Holden Seniors & Holden Senior Center Volunteers; \$6.00 for out of town elders. A local trio consisting of the violin, cello and flute will provide background music.



Please call 508-210-5570 **by January 14th** to make your reservation.

## New Year Resolutions ???!

We can help!!!! Something for everyone!!!! You can exercise as much as you want by coming to the Senior Center. We offer Low Impact Exercise, Chair Yoga, Tai-Chi, Spring Chicken Fitness, and Walking; or come to the Exercise Room and utilize the Treadmill!. Check out the schedule in this newsletter and start the New Year right.



*May the gift of love, happiness, peace, and warmth be yours as you start the new year. Happy New Year! From the Board & Staff of the Holden Council on Aging.*





# UPCOMING TRIPS



**Wed., Jan. 14 ... A Day at Foxwoods Casino ...** Depart the Senior Center at 8:15 a.m. and return at approximately 4:00 p.m. Cost of this trip is \$26.00 per person which includes motor coach, \$10.00 food voucher, \$10.00 bet voucher and driver's gratuity. **FINAL PAYMENT DUE 12/30/14.**

**Wed., March 11 ... Tony Kenny's Irish Cabaret ...** Join us for one of Best of Times hallmark programs ... our St. Patrick's Day celebration program. This year we bring it from across the Pond Tony Kenny's Irish Cabaret with an award-winning cast direct from Dublin, Ireland. Enjoy an amazing Irish celebration with Song, Comedy and of course Irish Dancers. A show not to be missed! The cast includes: **Tony Kenny**, one of Ireland's most beloved artists, having sung in countless musical productions. He starred in the world famous Jurys Irish Cabaret for more than 20 years with the legendary comedian, **Hal Roach** - Ireland's King of Blarney. **Richie Hayes** has been in the entertainment world from the age of four and has appeared in all aspects of the entertainment industry including theatre and television, and finished as a runner-up on The Voice. **Bernadette Ruddy**, the girl with the golden voice and golden red hair, hails from the West of Ireland. Her unique female voice is turning heads throughout Ireland. Added to this stellar mix of Irish artists are **The Dublin City Dancers**. These dancing athletes have performed in such troupes as Riverdance and Lord of the Dance and traveled the world performing the native dances of Ireland. Their spinning feet and precision movements will take your breath away! **Dublin Trinity Band** is one of Ireland's best folk bands. From busking on O'Connell Street to playing at the National Concert Hall, this group has wowed audiences of all sizes for years. Meal choices are: Corned Beef and Cabbage or Baked Schrod. Lunch will also include Venus DeMilo's Famous Minestrone Soup, Vegetables, Breads, Dessert, Coffee/Tea. Cost of this trip is \$86.00 per person which includes motor coach, show, lunch and driver's gratuity. **FINAL PAYMENT DUE BY FEB. 18, 2015.**

**Tues., April 21 ... Live in Concert ~ Neil Sedaka** at Mohegan Sun Casino Singer. Songwriter. Composer. Pianist. Author. These are just a few of the titles that can be used to describe Neil Sedaka. His impressive fifty year career ranges from being one of the first teen pop sensations of the 50's, a relevant songwriter for himself and other artists in the 60's, a superstar in the 70's, remaining a constant force in writing and performing presently. This is all thanks to the countless songs he has written, performed and produced that continue to inspire artists and audiences around the world. He is a true icon and musical legend. Come hear Neil sing the songs that have become part of our culture and returns us to those special times in our lives. Cost of this trip is \$99.00 which includes **PREMIUM** seating, \$30.00 Casino Gaming Package (Bet(s) & Meal Voucher), motor coach and driver's gratuity. **FINAL PAYMENT DUE FEBRUARY 25. NO REFUNDS AFTER 2/28.**



*...And remember, if you cancel and we are able to fill your seat(s) you will be reimbursed.*

**WHEN ARRIVING FOR ANY TRIP, PLEASE PARK AS CLOSE TO THE BALL FIELD AS POSSIBLE as we have other events taking place at the Senior Center during the day.**

**SHINE COUNSELOR**  
**Monday, January 5 and**  
**Wednesday, January 21**  
**BY APPOINTMENT ONLY**



Prevent a Fall

## FALL PREVENTION



The Visiting Nurse Association would like to host a seven week Fall Prevention program at the Holden Senior Center. The series features group education talks and individualized screenings for osteoporosis, balance, and medication review. A grant covers the cost of the program so there is no charge to the participants. Please give your name and phone number at the office or call 508-210-5570 if you are interested. We need at least 15 participants to schedule the program.



## JANUARY CHAIR YOGA ~ NEW YEAR - NEW YOU



Jan. 6 - Yoga 101 Back to Basics (Breathing/Centering, Alignment/Posture); Jan. 13 - Yoga to balance mind/body (improve focus, concentration & balance); Jan. 20 - Yoga to manage moods (handling winter doldrums); Jan. 27 - Energy/Core Yoga (increase internal fire/energy).

## A FEW FRIENDLY REMINDERS FROM PAULA AND CINDY ... OUTREACH

- ⇒ If you need or wish to update your File of Life, please call us. We can provide you with a new card.
- ⇒ If you like to read or watch movies, please consider enrolling in our Book Express program with the Gale Free Library. Feel free to call for more information.
- ⇒ If you'd like a well-being check each day, please call for more information on our telephone reassurance program.
- ⇒ If you need information on services that may be available to you or if you know of someone that could benefit from having services, don't hesitate to call Paula or Cindy.
- ⇒ Last but not least, always remember in an emergency to call 911 first to get help on the way. Then call family or friends for moral support.



To reach Paula call 508-210-5575 or to reach Cindy call 508-210-5576 or call the Senior Center at 508-210-5570.

## GETTING ORGANIZED??



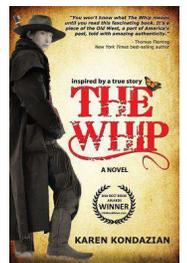
Getting organized is no doubt one of the most popular New Years Resolutions. The Holden Senior Center has VERY LIMITED storage space. Be sure to call ahead at 508-210-5570 if you have something to offer us. More importantly, Wachusett Watershed Recycle Center, located at 131 Raymond Huntington Highway, West Boylston, is located just over the Holden town line. Details on hours, and items accepted are listed on the town of Holden website, or call 508-210-5540 for information. In addition to furniture and appliances, the recycle center accepts books, toys, and all kinds of art and crafts materials, including yarn and fabric. Happy Organized New Year!

## BOOK DISCUSSION GROUP

The book discussion group will meet at **10:00 a.m.** on **Thursday, January 15** to discuss the book, The Whip by Karen Kondazian. In this debut historical novel, a woman disguises herself as a male stagecoach driver in order to track down the man responsible for the murder of her family. Inspired by a true story, Kondazian conjures up the legend of Charlotte "Charley" Pankhurst, a 19th century woman who spent much of her life pretending to be a male. Charlotte, who was raised in an orphanage in Boston, falls in love with a runaway slave and bears his child. But a terrible act of cruelty leaves her mourning her family and planning vengeance on the man responsible. After Charlotte learns that her target is headed west, she decides to follow him. The Old West is no place for a lone woman, however, so she disguises herself as a man and finds employment as a "whip," or stagecoach driver.

She has a series of adventures as she drives her coach up and down the California territory. She meets an actress named Anna, who later becomes her housekeeper; when Anna falls in love with her, however, Charlotte rebuffs her advances. Charlotte dons her female duds again upon arriving in San Francisco, where she falls for an outlaw named Edmund. However, her plan to take revenge for the death of her family is never far from her mind.

The author, an actress, has written a novel about the Old West that feels authentic in almost every sweaty detail. ("The stagecoach was coming. The whole world was dust and pounding, pounding and dust."). Kondazian's background in the world of make believe helps her to convincingly render Charlotte's transformation. The novel even offers a pansexual take on romance as both Charlotte and her lover seem to derive extra pleasure from the fact that she can be both a woman and a man.



# JANUARY 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>ANY ACTIVITY (or MENU) CAN CHANGE WITHOUT NOTICE</b>	<b>City of Four</b>    <b>Monday, January 12 @ 1:00</b>	<b>HOME COOKED LUNCH W/GUEST CHEFS</b>    <b>Wednesday, January 21</b>	<b>1</b>    <b>Senior Center Closed</b>	<b>2</b>  8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <i>Chicken Mornay</i> 1:00 Cribbage 1:15 Spring Chicken Fitness   
<b>5</b>  <b>SHINE by Appt. Only</b> 8-4:00 Billiards 12:00 Senior Lunch <i>Beef Mediterranean</i> 1:00 Quilting 1:00 Friends Meeting  	<b>6</b>  8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Soup Bar</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga   	<b>7</b>  8-4:00 Billiards 9:00 Tai Chi 10:00 Senior Walkers 12:00 Senior Lunch <i>Pasta Primavera</i> 1:00 Pitch Party  	<b>8</b>  8:00 <b>HCOA Meeting</b> 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 10:30 Artl4Every1 12:00 Senior Lunch <i>Lasagna</i> 12:30 Movie "Some Like It Hot" 1:00 Bridge   	<b>9</b>  8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <i>Baked Ham</i> 1:00 Cribbage 1:15 Spring Chicken Fitness   
<b>12</b>  8-4:00 Billiards 12:00 Senior Lunch <i>Roast Pork w/Gravy</i> 1:00 Quilting 1:00 City of Four   	<b>13</b>  8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Shepherd's Pie</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga   	<b>14</b>  8-4:00 Billiards 9:00 Tai Chi 10:00 Senior Walkers 12:00 Senior Lunch <i>Bacon Omelet</i> 1:00 Pitch Party  	<b>15</b>  8-4:00 Billiards 10:00 Mah Jongg 10:00 <b>Book Discussion Grp</b> 10:30 Low Impact Exercise 10:30 Artl4Every1 12:00 Senior Lunch <i>Chicken Cacciatore</i> 12:30 Movie "The Sunshine Boys" 1:00 Bridge   	<b>16</b>  8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <i>Potato Crunch Fish</i> 1:00 Cribbage 1:15 Spring Chicken Fitness   
<b>19</b>  <b>Martin Luther King, Jr. Holiday</b>    <b>SENIOR CENTER CLOSED</b>	<b>20</b>  8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Pot Roast Stew</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga   	<b>21</b>  <b>SHINE by Appt. Only</b> 8-4:00 Billiards 9:00 Tai Chi 10:00 Senior Walkers 12:00 <b>Home Cooked Lunch</b> 1:00 Pitch Party   	<b>22</b>  8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 10:30 Artl4Every1 12:00 Senior Lunch <i>Meatloaf &amp; Gravy</i> 12:30 Movie "Mrs. Doubtfire" 1:00 Bridge   	<b>23</b>  8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <i>Macaroni &amp; Cheese</i> 1:00 Cribbage 1:15 Spring Chicken Fitness   
<b>26</b>  8-4:00 Billiards 12:00 Senior Lunch <i>Swedish Meatballs</i> 1:00 Quilting  	<b>27</b>  8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Buttermilk Chicken</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga   	<b>28</b>  8-4:00 Billiards 9:00 Tai Chi 10:00 Senior Walkers 12:00 Senior Lunch <i>Baked Potato Bar</i> 1:00 Pitch Party  	<b>29</b>  8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 10:30 Artl4Every1 12:00 Senior Lunch <i>Pork Rib-i-que</i> 12:30 Movie "As Good As It Gets" 1:00 Bridge   	<b>30</b>  8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <i>Cracker Crumb Fish</i> 1:00 Cribbage 1:15 Spring Chicken Fitness   

## COMING IN FEBRUARY...

Look for more details in the February newsletter for these events!

### Friends Valentine's Cookie Sale



### Valentine's Brunch

### 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.

## JANUARY MOVIES

The Golden Globe Awards will be presented this month. So our January movies are all Golden Globe winners.

**Thurs., Jan. 8 ... "Some Like It Hot" ...** (1959) When musicians Jerry and Joe accidentally witness the St. Valentine's Day Massacre, they get out of town the only way they know how -- dressed as women. But things heat up on the road when they meet a curvy blonde who plays the ukulele. Marilyn Monroe, Tony Curtis and Jack Lemmon star. *Not-rated ~ 122 minutes*

**Thurs., Jan. 15 ... "The Sunshine Boys" ...** (1975) Think The Odd Couple for the octogenarian set. Walter Matthau and George Burns have never been better (or more cantankerous) as two faded vaudeville legends -- Lewis and Clark -- who reteam for a television special about the history of comedy. Trouble is, the two geezers can't stand each other. Matthau and Burns are wonderful to watch in this vintage comedy penned by Neil Simon and directed by Herbert Ross. *PG ~ 111 minutes*

**Thurs., Jan. 22 ... "Mrs. Doubtfire" ...** (1993) Loving but irresponsible dad Daniel Hillard (Robin Williams), estranged from his exasperated spouse (Sally Field), is crushed by a court order allowing only weekly visits with his kids. When Daniel learns his ex needs a housekeeper, he gets the job -- disguised as an English nanny. Soon he becomes not only his children's best pal, but the kind of parent he should have been from the start. Not surprisingly, the film won an Oscar for Best Makeup. Stars Robin Williams, Sally Field and Pierce Brosnan. *PG-13 ~ 125 minutes*

**Thurs., Jan. 29 ... "As Good As It Gets" ...** (1997) Chronic grouch and acerbic author Melvin Udall lives in an obsessive-compulsive fog, rigidly following his daily routine -- till he's reluctantly drawn into the lives of stressed-out single mom Carol Connelly, gay neighbor Simon Bishop and his dog. Stars Jack Nicholson, Helen Hunt and Greg Kinnear. *PG-13 ~ 138 minutes.*

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Return Service Requested

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