

Among Friends

July 2014

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

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Senior Center 508-210-5570
Transportation 508-210-5573
Nutrition 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.



Celebrate Summer by Joining Us for a Delightful Summer Lunch

Join us on *Wednesday, July 9 at 12:00 noon* for a homemade lunch that's appropriate for a hot summer day. We will offer a light lunch, drinks and dessert. **Reservations are a must.** We will take reservations up until July 7th or until we reach capacity. Cost is \$3.00 for Holden seniors and Holden Senior Center volunteers and \$6.00 for others. Call 508-210-5570 to make your reservation.



SUGAR ~ The Good, The Bad, The Shocking!!

Are you trying to eat healthier and control the amount of sugar in your diet? Nutritionist and professional speaker Tricia Silverman will present "Sugar Shocker" on **Wednesday, July 16 at 1:00 p.m.** Join us for this lively and informative program which is free and open to all. Please call 508-210-5570 to reserve a seat.

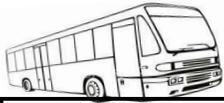
BACK BY POPULAR DEMAND...

The Wachusett Community Band will play on *Wednesday, July 23 at 1:00 p.m.* This fabulous band of very talented local musicians will offer a great performance of everybody's favorite band music. Refreshments will follow. Free and open to all in the air conditioned Senior Center. Please call 508-210-5570 to reserve a seat.



Happy
Birthday
USA!

The Senior Center will be closed on
Friday, July 4 in observance of
Independence Day



UPCOMING TRIPS



Thurs., Aug. 14 ... The Great American Songbook at Foster's Clambake Restaurant (York, ME) ... Lydia Harrell is one of Boston's finest musical treasures. Her sultry, soulful voice and evocative phrasings have garnered Lydia the attention and respect of the area's finest musicians and venues. She has had the coveted award of headlining a show with the Boston Pops and serenaded Boston Celtics faithful fans with America's National Anthem live at the TD Garden. Lydia also has been named one of five finalists in the 2013 Sarah Vaughan International Jazz Vocal Competition. Lydia and the Lovely Singer Band grace our Best of Times stage to perform "The Great American Song Book." Enjoy some timeless classics that span the music spectrum from the 50's through today. Enjoy great songs from the likes of Etta James, Ella Fitzgerald, Frank Sinatra and the Rat Pack, the Supremes, Motown, Elvis, Patsy Cline and so much more. This is a show not to be missed. Your meal includes: Whole boiled 1 1/4 lb. Lobster; Clam Chowder; Fresh Steamed Mussels; Fresh Maine Clams; Corn on the Cob; Potatoes & Onions; Blueberry Cake; Rolls, Butter & Beverage. A 1/2 BBQ Chicken is available as a non-lobster alternative. Cost for this trip is \$85.00/person including transportation, lunch, show & gratuity.

Wed., Sept. 17 ... New England Goes Country ... Danversport Yacht Club, Danvers, MA ... Join Best of Times for an amazing day of country music. We have rounded up two of new England's hottest young stars to perform on our Best of Times stage. This is an opportunity to see two budding stars, Jimmy Lehoux and Nicole Frechette, on their way up the country music charts and into the country mainstream. Jimmy hails from New Hampshire and has opened for Kenny Chesney, Keith Urban, Charlie Daniels, to name a few. Nicole hails from Connecticut and has shared bills with Tim McGraw, Rascal Flatts, Taylor Swift and more. Meal choices for this trip are Boneless Breast of Chicken or Fresh Baked Scrod, also included: Soft Cheese & Crackers, Tossed Garden Salad, Rolls, Bread, Vegetables, Mashed Potato, Dessert, Coffee/Tea. Price for this trip is \$79.00/person, which includes lunch, show and driver gratuity.

Wed., Oct. 22 ... Comedy Singer Joey Vincent ... Lantana's, Randolph, MA ... No matter what your taste in entertainment, the Joey Vincent show has something for everyone. Joey Vincent has been entertaining audiences throughout the United States and Canada for over 30 years, including Carnegie Hall, The Philadelphia Academy of Music and Toronto Symphony Hall, as well as an appearance on America's Got Talent. A fast-paced blend of musical impressions, stand-up comedy, singing, dancing and trumpet virtuosity, this unique show is one you shouldn't miss! From James Brown to the Jersey Boys, Stevie Wonder to Willie Nelson, Louis Prima to Luciano Pavarotti, Joey Vincent gives you an exciting and CLEAN show that's sure to please. Luncheon menu: Minestrone Soup, Rolls/Butter, Roast Turkey Dinner with all the fixings (Gravy, Cranberry Sauce, Potato, Stuffing Vegetable), Dessert, Coffee/Tea. Price for this trip is \$79.00, including transportation, lunch, show and driver gratuity.

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.



FOR EVERYONE'S SAFETY...

When leaving the Senior Center, please exit via Bascom



Parkway NOT out the driveway leading to Main Street. Also, those who arrive at the Senior Center via Bascom Parkway, please observe the STOP sign before crossing over into the parking lot. Cars coming in from Main Street cannot see cars entering from Bascom Parkway.



**SHINE COUNSELOR
Monday, July 14 and Monday, July 28
BY APPOINTMENT ONLY**



ART IS 4 EVERY 1



We are pleased to welcome back Art Instructor, Elaine Griffith! Beginning Thursday, September 8 from 10:30-12:00, Elaine will be offering an acrylic painting program. Cost for the program is \$10.00 per class per student payable to "Elaine Griffith;" you also may purchase canvas and a set of brushes from Elaine for \$11.00. The Senior Center will provide table easels and paints. If you have questions or are interested in participating in the class, please call the Senior Center at 508-210-5570. We require ten students in order to cover the cost of the instructor. This class will appeal to "artists" of all levels from beginners with no art experience, to the more experienced who want to learn a new faster method of painting.

INDOOR FLEA MARKET

The Friends of the Holden Council on Aging will be holding an indoor flea market on Holden Days, **Saturday, August, 23** from **9:00-3:00**. Tables/spaces will be \$20.00 each. If you have things you'd like to get rid of, how better than a table in our air conditioned building! Please be aware that whatever you do not sell, you must take home with you, as we have no storage space available. Payment must be received at the time you register. **For further information, please call Paula Grady at 508-829-3462.**



RE-SCHEDULED WHALE WATCH TRIP

The whale watch trip, postponed from May 28, has been re-scheduled for Wednesday, July 16. There are still seats available. Cost of the trip is \$69.00. Discover the great whales of the North Atlantic such as the Humpback, Finback, and Minke Whales. From the research scientists on board, you'll learn about these different types of whales, as well as their interesting behavior and what to look for during your sighting. Enjoy the cruise on deck or in the heated main cabin where your comfort is assured, and complete galley service offering your favorite food is available. As it's usually cooler on the water, a jacket or sweater is a good idea, as well as rubber-soled shoes. After your whale watch, stroll the sidewalks of fashionable Newbury Street. Explore the historical landmarks on the Freedom Trail. Enjoy lunch on your own at **Faneuil Hall Marketplace**, the lovely core of Boston's historic waterfront and the nation's premier urban marketplace. Depart the Senior Center at 8:00 a.m. and return at approximately 5:30 p.m. Please call ASAP if you are interested in reserving a seat.

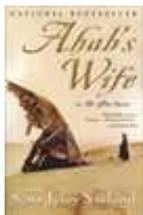
JULY CHAIR YOGA THEMES

Splash into the relaxation and fullness of Summer: Explore, Refresh and Play in the lush and colorful warmth with these unique YOGA classes designed to take you on a weekly rainbow adventure. Each week of the summer will feature a different color and experience. Color your summer Bright and Fun!

July 1 - Yoga for Independence; **July 8** - Feel your Roots: legs/feet/hips-**RED**;
July 15 - Find your Flow: creativity/abundance-**ORANGE**; **July 22** - Centering Yoga: radiate well-being-**YELLOW**; **July 29** - Cooling, calming Yoga.



BOOK DISCUSSION GROUP



The book discussion group will meet at **10:00 a.m.** on **Thursday, July 17** to discuss the book Ahab's Wife by Sena Jeter Naslund. "Captain Ahab was neither my first husband nor my last." This is destined to be remembered as one of the most-recognized first sentences in literature--along with "Call me Ishmael." Sena Jeter Naslund has created an entirely new universe with a transcendent heroine at its center who will be every bit as memorable as Captain Ahab. *Ahab's Wife* is a novel on a grand scale that can legitimately be called a masterpiece: beautifully written, filled with humanity and wisdom, rich in historical detail, authentic and evocative. Melville's spirit informs every page of her tour de force. Una Spenser's marriage to Captain Ahab is certainly a crucial element in the narrative of *Ahab's Wife*, but the story covers vastly more territory. After a spellbinding opening scene, the tale flashes back to Una's childhood in Kentucky; her idyllic adolescence with her aunt and uncle's family at a lighthouse near New Bedford; her adventures disguised as a cabin boy on a whaling ship; her first marriage to a fellow survivor who descends into violent madness; courtship and marriage to Ahab; life as mother and a rich captain's wife in Nantucket; involvement with Frederick Douglass; and a man who is in Nantucket researching his novel about his adventures on her ex-husband's ship. *Ahab's Wife* is a breathtaking, magnificent, and uplifting story of one woman's spiritual journey, informed by the spirit of the greatest American novel, but taking it beyond tragedy to redemptive triumph.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>ANY ACTIVITY CAN CHANGE WITHOUT NOTICE</p>	<p>1</p> <p>8-4:00 Billiards </p> <p>9:30 Needlework </p> <p>10-12 Blood Pressure Clinic</p> <p>10:30 Low Impact Exercise</p> <p>12:00 Senior Lunch Hot Dog on Bun</p> <p>1:00 Bingo </p> <p>1:00 Bridge </p> <p>2:30 Chair Yoga </p>	<p>2</p> <p>8-4:00 Billiards</p> <p>9:00 Tai Chi</p> <p>10:00 Senior Walkers</p> <p>12:00 Senior Lunch American Chop Suey</p> <p>1:00 Pitch Party </p>	<p>3</p> <p>8-4:00 Billiards </p> <p>10:00 Mah Jongg </p> <p>10:30 Low Impact Exercise</p> <p>12:00 Senior Lunch BBQ Chicken</p> <p>12:30 Movie "The Hunger Games"</p> <p>1:00 Bridge</p>	<p>4</p> <p>HOLIDAY</p> <p>4th of July</p> <p>SENIOR CENTER CLOSED</p>
	<p>7</p> <p>8-4:00 Billiards</p> <p>10:00 Crafts</p> <p>12:00 Senior Lunch Chicken & Sausage Jambalaya</p> <p>1:00 Quilting </p>	<p>8</p> <p>8-4:00 Billiards </p> <p>9:30 Needlework </p> <p>10-12 Blood Pressure Clinic</p> <p>10:30 Low Impact Exercise</p> <p>12:00 Senior Lunch Beef w/Jardiniere Sauce</p> <p>1:00 Bingo </p> <p>1:00 Bridge </p> <p>2:30 Chair Yoga </p>	<p>9</p> <p>8-4:00 Billiards</p> <p>9:00 Tai Chi</p> <p>10:00 Senior Walkers</p> <p>12:00 Home Cooked Lunch</p> <p>1:00 Pitch Party </p>	<p>10</p> <p>8-4:00 Billiards </p> <p>10:00 Mah Jongg </p> <p>10:30 Low Impact Exercise</p> <p>12:00 Senior Lunch Salmon w/Ginger Glaze</p> <p>12:30 Movie "Life As We Know It"</p> <p>1:00 Bridge</p>
<p>14</p> <p>SHINE by Appt. Only</p> <p>8-4:00 Billiards</p> <p>10:00 Crafts</p> <p>12:00 Senior Lunch Potato Crunch Fish</p> <p>1:00 Quilting </p>	<p>15</p> <p>8-4:00 Billiards </p> <p>9:30 Needlework </p> <p>10-12 Blood Pressure Clinic</p> <p>10:30 Low Impact Exercise</p> <p>12:00 Senior Lunch Cheese/Spinach Omelet</p> <p>1:00 Bingo </p> <p>1:00 Bridge </p> <p>2:30 Chair Yoga </p>	<p>16</p> <p>8-4:00 Billiards</p> <p>9:00 Tai Chi</p> <p>10:00 Senior Walkers</p> <p>12:00 Senior Lunch Swedish Meatballs</p> <p>1:00 Pitch Party</p> <p>1:00 Sugar Shocker </p>	<p>17</p> <p>8-4:00 Billiards </p> <p>10:00 Mah Jongg </p> <p>10:00 Book Discussion Grp</p> <p>10:30 Low Impact Exercise</p> <p>12:00 Senior Lunch Chicken Chow Mein</p> <p>12:30 Movie "Frozen"</p> <p>1:00 Bridge</p>	<p>18</p> <p>8-4:00 Billiards</p> <p>10:00 Poker</p> <p>12:00 Senior Lunch Salisbury Steak</p> <p>1:15 Spring Chicken Fitness </p>
<p>21</p> <p>8-4:00 Billiards</p> <p>10:00 Crafts</p> <p>12:00 Senior Lunch Macaroni & Cheese</p> <p>1:00 Quilting </p>	<p>22</p> <p>8-4:00 Billiards </p> <p>9:30 Needlework </p> <p>10-12 Blood Pressure Clinic</p> <p>10:30 Low Impact Exercise</p> <p>12:00 Senior Lunch Chicken Murphy</p> <p>1:00 Bingo </p> <p>1:00 Bridge </p> <p>2:30 Chair Yoga </p>	<p>23</p> <p>8-4:00 Billiards</p> <p>9:00 Tai Chi</p> <p>10:00 Senior Walkers</p> <p>12:00 Senior Lunch Meatloaf & Gravy</p> <p>1:00 Pitch Party</p> <p>1:00 Wachusett Community Band </p>	<p>24</p> <p>8-4:00 Billiards </p> <p>10:00 Mah Jongg </p> <p>10:30 Low Impact Exercise</p> <p>12:00 Senior Lunch Cracker Crumb Fish</p> <p>12:30 Movie "Red"</p> <p>1:00 Bridge</p>	<p>25</p> <p>8-4:00 Billiards</p> <p>10:00 Poker</p> <p>12:00 Senior Lunch Roast Beef Sandwich & Soup du jour</p> <p>1:15 Spring Chicken Fitness </p>
<p>28</p> <p>SHINE by Appt. Only</p> <p>8-4:00 Billiards</p> <p>10:00 Crafts</p> <p>12:00 Senior Lunch Greek Chicken</p> <p>1:00 Quilting </p>	<p>29</p> <p>8-4:00 Billiards </p> <p>9:30 Needlework </p> <p>10-12 Blood Pressure Clinic</p> <p>10:30 Low Impact Exercise</p> <p>12:00 Senior Lunch Oriental Noodles w/Salmon</p> <p>1:00 Bingo </p> <p>1:00 Bridge </p> <p>2:30 Chair Yoga </p>	<p>30</p> <p>8-4:00 Billiards</p> <p>9:00 Tai Chi</p> <p>10:00 Senior Walkers</p> <p>12:00 Senior Lunch Corned Beef Sandwich & Soup du jour</p> <p>1:00 Pitch Party </p>	<p>31</p> <p>8-4:00 Billiards </p> <p>10:00 Mah Jongg </p> <p>10:30 Low Impact Exercise</p> <p>12:00 Senior Lunch Pork w/Stuffing & Gravy</p> <p>12:30 Movie "Extremely Loud and Incredibly Close"</p> <p>1:00 Bridge</p>	<p>MENU & MOVIES ARE SUBJECT TO CHANGE WITHOUT NOTICE</p>

COMING IN AUGUST...



Wed., Aug. 6 ... The Main Event - music and popular songs with crooner Bill Sbrogna



Thurs., Aug. 7 ... "Young Bess" - Queen Elizabeth Monologue and Tea

Mon., Aug. 11 ... City of Four Jazz Concert



Wed., Aug. 27 ... Senior Center Annual Picnic

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.

JULY MOVIES

Thurs., July 3 ... "The Hunger Games" ... In a dystopian future ruled by a totalitarian regime, resourceful Katniss and her partner, Peeta, represent their district in the lethal Hunger Games, a televised survival competition in which teenage contestants fight each other to the death. Stars Jennifer Lawrence; Josh Hutcherson & Liam Hemsworth *PG-13 ~ 142 minutes.*



Thurs., July 10 ... "Life As We Know It" ... Caterer Holly (Katherine Heigl) and network sports director Eric (Josh Duhamel) discover a reciprocal hatred during an ill-fated first date -- but are forced to put their feelings aside when their mutual friends die and they become the guardians for orphaned Sophie. *PG-13 ~ 115 min.*

Thurs., July 17 ... "Frozen" ... After her kingdom is doomed to suffer from eternal winter, intrepid Anna (voice of Kristen Bell) goes on a quest to find her reclusive sister, the Snow Queen, and break the curse. Along the way, Anna teams with eccentric mountaineer Kristoff and his comic reindeer, Sven. *PG ~ 102 min.*



Thurs., July 24 ... "Red" ... After trading in his professional past as a black-ops CIA operative for a new identity, Frank Moses (Bruce Willis) is basking in normality. But he's forced to return to old habits when an assassin puts a target on his back and goes after the woman he loves (Mary-Louise Parker). Also stars John Malkovich, Morgan Freeman, Helen Mirren, Ernest Borgnine, Richard Dreyfuss *PG-13 ~ 111 min.*

Thurs., July 31 ... "Extremely Loud and Incredibly Close" ... Believing that his father left him a message before dying in the September 11 attacks, young Oskar Schell (Thomas Horn) embarks on an emotional odyssey through New York City to find the lock that matches a key he found among his father's belongings. Also stars Tom Hanks and Sandra Bullock. *PG-13 ~ 123 minutes*



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