

# Among Friends



July 2016



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.

## HCOA BOARD

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Marcia Sherbourne, Vice President  
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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.

## OPTIMIZING YOUR HEALTH

Join us on **Monday, July 11 at 1:00 p.m.** as we welcome back Nutritionist Tricia Silverman who will present a program on Optimizing Your Health. Learn which dietary and lifestyle practices lead to longevity across the world. Discover easy ways of using the food label to make better choices. This program is supported by a grant from the Holden Cultural Council ~ we sincerely thank them. Free and Open to all. Please call 508-210-5570 to reserve a seat.



## HOME COOKED LUNCH



Join us on **Wednesday, July 13 at Noon** for a home-cooked meal. Cost for this meal is \$3.00/person for Holden Elders and Holden Senior Center Volunteers and \$5.00/person for out of town Elders. This month we will feature a nice fresh salad bar with assorted toppings and dressings, followed by dessert. Reservations are **REQUIRED**. Please call 508-210-5570. Tickets for this meal have been reduced by \$1.00/person via a grant from the Holden Senior Center Fund at the Worcester Foundation. We sincerely thanks the Sjostedt Family for this generous donation

## COMMUNITY BAND CONCERT

Come one come all on **Monday, July 18 at 1:00 p.m.** as we welcome the return of the Wachusett Community Band. This talented group of local musicians will present a rousing summer concert in our air-conditioned Senior Center. Free and open to all. Please reserve your seat by calling 508-210-5570.



## BELLY DANCING



We recently hosted the Silvermoon Gypsies who put on a lovely, graceful show of belly dancing. The group leader offers lessons for a small fee. Please leave your name and phone number at the office or give us a call at 508-210-5570 if you might be interested.



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





# UPCOMING TRIPS



## **Wed., July 27 ... A Delicious Day Trip ~ Chocolate and Wine Tour ~ Lunch at Warren's Lobster House ...**

Come and visit the Seacoast with your first stop at a local chocolate store. After your visit, you will then have lunch at Warren's Lobster House in Kittery, ME. At Warren's, your group will start off their delicious luncheon with a trip to the Salad Bar. With over 60 items to choose from, it's the Seacoast's best! Warren's also offers several scrumptious items to choose from, and the service here is great. Following lunch, you will travel to South Hampton, NH to have a tour of the Jewell Towne Vineyard. Established in 1994, this vineyard has won over 60 medals in international competitions. You will learn how wine goes from the vine to the bottle, and then have a wine tasting. A small gift shop is also available. For a great tasting day, join us! Meal choices are: Seafood Newburg; Fried Baby Shrimp; Ritz Filet of Haddock; Crab Crusted Salmon; Top Sirloin of Beef (10 oz) or Chicken Parmesan. **A One Pound Boiled Lobster is available for an additional \$14.00.** Cost is \$73.00/person which includes: Transportation, lunch, dining room taxes and gratuities, visit to candy store and wine tasting, tour of Jewell Towne Vineyard and driver's gratuity. **Payment due at time of reservation.**



## **Tues., August 9 ... Long Island Sound & Lighthouse Cruise**



Start the morning off with a narrated Lighthouse Cruise on the Long Island Sound. Narration will be given by a lighthouse historian. The tour will last about two hours and will be aboard the comfortable high-speed Sea Jet catamaran that can cruise up to 30 knots (35 mph). This boat offers 3 decks: one open, and two enclosed. From your seat, view 8 lighthouses, 2 forts and more. Lighthouses included in the tour range from the oldest in Connecticut to the last in the state to be built as an official navigational aid, and everything in between. The cruise will cover 35 miles. Due to having dinner after the cruise,

please feel free to bring a lunch or snack with you, or you can buy a lunch from the onboard snack bar. Enjoy an early bird dinner at Go Fish which is the country's most innovative seafood restaurant. Choose one of the following entrees: Baked Atlantic Cod with Lemon-Herb Butter or Grilled Fillet of Salmon with Fresh Pineapple Salsa, or Pan Roasted Breast of Chicken with Mushroom-Marsala Pan Sauce. All entrees come with Field Greens Salad with Balsamic Vinaigrette Dressing, Coffee, Tea and Dessert. After Dinner, spend some free-time in Olde Mistick Village. You will have time to explore the unique shops, and stroll the village. Depart 10:00 a.m.; Estimated Return time 8:15 p.m. Cost is \$99.00/person. **Payment due at time of reservation.**

*If you are interested in any of our trips or if you have questions, please call 508-210-5570.*

**All trip payments are due at time of reservation. If trip is cancelled due to low interest, your money will be refunded. Remember ~ if we don't lose it, you don't lose it!!**

**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.**

## FROM THE FRIENDS...



The Friends of the Holden Council on Aging would like to thank Representative Kimberly Ferguson and Senator Harriette Chandler for presenting the Friends with citations celebrating our 35th Anniversary. Representative Ferguson noted our outstanding service to the elder citizens of Holden and Senator Chandler recognized the joyous occasion of our 35th Anniversary Celebration on May 15, 2016.

**ATTENTION VETERANS!!** Ask for your special card at the Morning Glory Café for free goodies!!



**SHINE COUNSELOR**  
**Monday, July 11 and Monday, July 25**  
**BY APPOINTMENT ONLY**





## JULY 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 an energy rainbow adventure!

**July 5 & 7** ~ Feel Your Roots: legs/feet/hips **RED** (Earth Element); **July 12 & 14** ~ Find Your Flow: creativity, abundance **ORANGE** (Water Element); **July 19 & 21** ~ Cooling Calming Yoga;

**July 26 & 28** ~ Centering Core Yoga: Radiate Well-Being: **YELLOW** (Fire Element). Tuesday's class is at

2:30 and Thursday's class is at 1:15. Cost for yoga classes is \$2.00/class and is partially subsidized through a grant from the Executive Office of Elder Affairs.

## TELLING THE STORY OF YOUR LIFE

Please leave your name and phone at the Office or call 508-210-5570 if you are interested in a course on writing your autobiography. The description of the course is as follows:

In this writing workshop, you will have the satisfaction of sharing your memories with others by telling the story of your life. Your goal will be to write a full autobiography, recording your life story in your own words. Recalling your past, beginning with your family background, you remember your childhood, your coming of age as an adult, your middle years, and your life today. Here is a way for you to best understand yourself, to discover your true identity by looking back at the people, places, and experiences that have made you who you are. Here is a way for you to give a very special present to family and friends as, on paper, you bring your past to life.

*The Story  
of My Life*

## FOURTH ANNUAL FLEA MARKET ~ HOLDEN DAYS

The Friends of the Holden Council on Aging will hold its Fourth (4th) Annual Flea Market in the Senior Center on **Saturday, August 27**. Table space still only \$20.00. Set up time will be 7:00 a.m. **Anything that you bring in and doesn't sell you must take home with you.** Call Paula Grady at 508-829-3462 for more information or to reserve your space.



## AN OPPORTUNITY FOR YOU ...

Have you ever wanted to learn to play the piano? Well here's your chance. There are two (2) kinds of lessons from which to choose:

1) **Weekly group piano lessons.** Students take turns playing the piano for each other, including scales, exercises and songs. Workbook teaches students how to read music and make that knowledge useful. Cost: \$30.00 for 3 books and 2 handouts. \$5.00 per person per class.

2) **Weekly group "play by chords" classes.** Students learn how to interpret and use chord symbols. Play songs each week for the class. Textbook/workbook teaches how to create chords.

Workbook teaches students how to read music and make that knowledge useful. Cost: \$25.00 for text; \$6.50 for workbook. Music is free. \$5.00 per person per class.

Student may own a piano, or keyboard or organ or borrow one. Owning an instrument is NOT required.

Classes will be held weekly unless the Center is closed for weather or holiday. Teacher: Dennis E. Deyo, piano teacher since 1966. Please call the Senior Center at 508-210-5570 if you would be interested in participating.



## BOOK DISCUSSION GROUP

The book discussion group will meet at **10:00 a.m.** on **Thursday, July 21** to discuss the book The Invention of Wings by Sue Monk Kidd. Hetty "Handful" Grimke, an urban slave in early nineteenth century Charleston, yearns for life beyond the suffocating walls that enclose her within the wealthy Grimke household. The Grimke's daughter, Sarah, has known from an early age she is meant to do something large in the world, but she is hemmed in by the limits imposed on women. Kidd's sweeping novel is swept in motion on Sarah's eleventh birthday, when she is given ownership of ten year old Handful, who is to be her handmaid. We follow their remarkable journeys over the next thirty-five years as both strive for a life of their own, dramatically shaping each other's destinies and forming a complex relationship marked by guilt, defiance, estrangement and the uneasy ways of love.



# JULY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>ANY ACTIVITY (or MENU) CAN CHANGE WITHOUT NOTICE</b></p>	<p><b>OPTIMIZING YOUR HEALTH</b> <i>Monday, July 11</i> <b>@ 1:00 p.m.</b></p> 	<p><b>HOME COOKED LUNCH</b></p>  <p><b>Wednesday, July 13 @ Noon</b></p>	<p><b>COMMUNITY BAND CONCERT</b></p>  <p><b>Monday, July 18</b> <b>@ 1:00 p.m.</b></p>	<p><b>1</b></p> <p>8-4:00 Billiards 8:30-10:30 <b>Morning</b>  <b>Glory Cafe</b> 10:00 Poker 12:00 Senior Lunch <b>BBQ Chicken</b> 1:00 Cribbage 1:15 Spring Chicken Fitness</p>
<p><b>4</b></p>  <p><b>SENIOR CENTER CLOSED</b></p>	<p><b>5</b></p> <p>8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <b>Beef Stew w/Rice</b> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p>	<p><b>6</b></p> <p>8-4:00 Billiards 9:00 Tai Chi 12:00 Senior Lunch <b>Chicken Murphy</b> 1:00 Pitch Party</p>	<p><b>7</b></p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <b>Salisbury Steak</b> 1:00 Bridge 1:15 Gentle Chair Yoga</p>	<p><b>8</b></p> <p>8-4:00 Billiards 8:30-10:30 <b>Morning</b>  <b>Glory Cafe</b> 10:00 Poker 12:00 Senior Lunch <b>Vegetable Cheese Bake</b> 1:00 Cribbage 1:15 Spring Chicken Fitness</p>
<p><b>11</b></p> <p><b>SHINE by Appt. Only</b> 8-4:00 Billiards 10:30 Tai Chi 12:00 Senior Lunch <b>Pasta Primavera w/Chicken</b> 1:00 <b>Optimizing Your Health</b></p> 	<p><b>12</b></p> <p>8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <b>Meatballs w/Onion Gravy</b> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p>	<p><b>13</b></p> <p>8-4:00 Billiards 9:00 Tai Chi 12:00 <b>Home Cooked Lunch</b> 1:00 Pitch Party</p> 	<p><b>14</b></p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <b>Chicken Fajitas</b> 1:00 Bridge 1:15 Gentle Chair Yoga</p>	<p><b>15</b></p> <p>8-4:00 Billiards 8:30-10:30 <b>Morning</b>  <b>Glory Cafe</b> 10:00 Poker 12:00 Senior Lunch <b>Fish w/Crumb Topping</b> 1:00 Cribbage 1:15 Spring Chicken Fitness</p>
<p><b>18</b></p> <p>8-4:00 Billiards 10:30 Tai Chi 12:00 Senior Lunch <b>Hot Dog on Bun Wachusett Community Band</b></p> 	<p><b>19</b></p> <p>8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <b>Chicken Sausage Jambalaya</b> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p>	<p><b>20</b></p> <p>8-4:00 Billiards 9:00 Tai Chi 12:00 Senior Lunch <b>Salmon Boat/Dill</b> 1:00 Pitch Party</p>	<p><b>21</b></p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 10:00 Book Discussion Group 12:00 Senior Lunch <b>Beef Mediterranean</b> 1:00 Bridge 1:15 Gentle Chair Yoga</p>	<p><b>22</b></p> <p>8-4:00 Billiards 8:30-10:30 <b>Morning</b> <b>Glory Cafe</b> 10:00 Poker 12:00 Senior Lunch <b>Lasagna</b> 1:00 Cribbage 1:15 Spring Chicken Fitness</p>
<p><b>25</b></p> <p><b>SHINE by Appt. Only</b> 8-4:00 Billiards 10:30 Tai Chi 12:00 Senior Lunch <b>Roast Pork w/Gravy</b></p>	<p><b>26</b></p> <p>8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <b>Shepherd's Pie</b> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p>	<p><b>27</b></p> <p>8-4:00 Billiards 9:00 Tai Chi 12:00 Senior Lunch <b>Bacon Omelet</b> 1:00 Pitch Party</p>	<p><b>28</b></p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <b>Chicken Cacciatore</b> 1:00 Bridge 1:15 Gentle Chair Yoga</p>	<p><b>29</b></p> <p>8-4:00 Billiards 8:30-10:30 <b>Morning</b> <b>Glory Cafe</b> 10:00 Poker 12:00 Senior Lunch <b>Potato Crunch Fish</b> 1:00 Cribbage 1:15 Spring Chicken Fitness</p>

**COMING IN AUGUST ...**



Mon., Aug. 8 ... Zentangle

Thurs., Aug. 18 ... Annual Cookout



Mon., Aug. 22 ...  
Bill Sbrogna celebrates the  
music of Frank Sinatra



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:

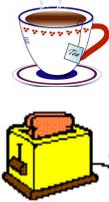
Name: \_\_\_\_\_

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.

**YOU'RE INVITED TO THE MORNING GLORY CAFÉ!**



Come one ~ come all, to our Morning Glory Café here in the Senior Center. The Café will be open from **8:30 a.m. until 10:30 a.m.** every Friday. There's no need for a reservation, just come by ~ bring some friends to sit and enjoy Coffee; Tea; Juice; Homemade Pastries; Toast; Raisin Toast; and English Muffins. There will be a small cost for the items you choose. If you have questions, please call 508-210-5570.



*The Café will be open throughout the summer. If you have a couple of hours on any Friday that you would like to volunteer your time helping out with the Café, please call Paula Grady at 508-829-3462.*

**A FEW REMINDERS TO HELP US HELP YOU ...**

⇒ Transportation clients—please remember to have small bills to pay for your ride. The drivers do not have large amounts of money accessible to them.



⇒ Please be mindful, **for everyone's safety** that there are **STOP** signs both at the end of Bascom Parkway and as you enter the parking lot from Main Street. Please do not disregard them.

*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*

Return Service Requested

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

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