

Among Friends

November 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



HCOA BOARD

Susan Sullivan, Chair
Richard Mansfield, Jr., Vice Chair
Faye Ellis
Rebecca Tomblom
Marilyn Burnham
Maureen Locke
Wayne Howard

SENIOR CENTER STAFF

Louise Charbonneau,
Director of Senior Services
Maureen Buffone, Secretary
Paula Earley, Outreach
Cindy Smith, Outreach
Clare Nelson,
Program Coordinator
Naomi Sohlman,
Transportation Coordinator
Suzanne Donaldson,
Dining Manager

VAN DRIVERS

James Wells
George Warden
Mary Sloan
Robert Giannotti

FRIENDS OF HCOA OFFICERS

Marcia Sherbourne, President
Cynthia Stark, Vice President
Geri Sawyer, Secretary
Helen Holmes, Treasurer

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

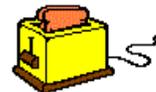
Monday through Friday
8:00 a.m. to 4:00 p.m.



BEST OF FRIENDS FAIR

The Best of Friends Fair will be held on **Saturday, November 7** from **9:00 a.m. - 2:00 p.m.** Your admission is a non-perishable food item which will be donated to the Wachusett Food Pantry. Your help is also needed. Please call Betty Carlson at 508-829-3443, if you can volunteer some time. Your support is appreciated.

The next Friends meeting will be on Monday, November 2 at 1:00 p.m.



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 and 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.



VETERANS' DAY CONCERT

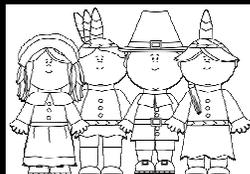
Celebrate Veterans Day at the Holden Senior Center. A patriotic concert will be held featuring Music is Love with Dawn Kelly on **Monday, November 9** at **1:00 p.m.** Join us for traditional songs we all love, followed by refreshments. Free and open to all. Please call 508-210-5570 for a reservation.



The Senior Center will be closed on Wednesday, November 11 in observance of Veterans' Day.

The Senior Center will be closed on Thursday, November 26 AND Friday, November 27 in observance of Thanksgiving.

Let us give thanks..



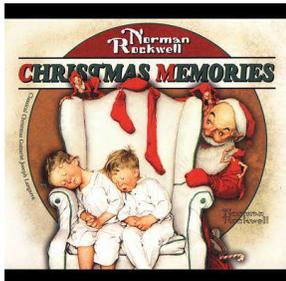
The Board and Staff of the Senior Center wish you all the blessing of a wonderful Thanksgiving filled with good food, family and fun.



UPCOMING TRIPS



Thurs., Dec. 3 ... Norman Rockwell's Home for the Holidays ... *Luncheon at the Historic Red Lion Inn. A "must see," The Red Lion Inn has been serving travelers since 1773. Antique filled rooms and public spaces along with the original Country Curtains Retail Store and Red Lion Inn Gift Shop on premises make the Inn a destination unto itself. ***Time for Browsing Main Street**-an inspiration for many of Norman Rockwell's illustrations - children want to believe in Santa Clause, just as fervently as we adults want to believe in Peace on Earth and goodwill toward men.- Norman Rockwell. ***Admission to the Norman Rockwell Museum** including a Special Guided Tour. During the holidays, Norman Rockwell's anxiously awaited illustrations brought good cheer to millions of Americans. The "Home for the Holidays" exhibition features original Saturday Evening Post cover tear sheets and includes many of Norman Rockwell's most memorable and enduring holiday images. This beautiful museum tour allows us to take a walk down memory lane. Your meal choices are: Yankee Pot Roast, Pan Gravy or Hand Carved Native Roast Turkey, Pan Gravy. Also included: Delicious Hot Soup of the Day, The Red Lion Inn's Daily Bread Basket, Holiday Dessert and Coffee/Tea. Cost of the trip is \$100.00/person which includes: Transportation, Driver Gratuity, and Luncheon.



Thurs., March 10, 2016 ... The Young Irishlanders ... The Young Irishlanders comprises eight sensational performers who have Irish traditional music, song & dance running through their veins. Although still in their 20's and 30's, these performers have achieved more than most people would aspire to in a lifetime. They have performed for many heads of state, Presidents of Ireland, U.S. Presidents, The Queen of England, the President of China and have performed at Radio City Music Hall, The Great Hall of the People in China, The U.S. Capitol Building and more. They have performed with many of the leading names in the Irish music business. The artists have also toured as lead performers with Riverdance and Michael Flatley's Lord of the Dance, been soloists on PBS specials, share the stage with Bono (U2) and have collaborated with Ronnie Wood (Rolling Stones) and Sting (The Police). Join us for a great day out with great song and dance as only the Irish can do.



Luncheon choices are Corned Beef and Cabbage or Baked Scrod with Venus DeMilo's famous Minestrone Soup, Vegetables, Breads, Dessert, Coffee/Tea. Cost of the trip if \$90.00/person which includes

Transportation, Driver Gratuity, Show & Luncheon. **Reservations and payment due at time of reservation.**

Final payment is due by Tuesday, February 16.

If you are interested in any of these trips or if you have questions, please call Naomi at 508-210-5573.

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.

**SHINE COUNSELOR
Monday, Nov. 30
BY APPOINTMENT ONLY**



REMEMBER TO "FALL BACK" ON NOVEMBER 1ST!!!!
 DAYLIGHT SAVINGS TIME ENDS!



Attorney Arthur Bergeron from the firm of Mirick O'Connell will be here from **10:00 a.m. to noon on Monday, November 16** for fifteen minute appointments with individuals seeking legal advice. Reservations are required. Please call 508-210-5570 to reserve a slot.

HOME COOKED LUNCH

Join us on **Wednesday, November 18 at Noon** for our annual vegetarian home cooked lunch. This year we will be serving home-made vegetarian chili, bread, dessert and beverage. Cost for this meal is \$4.00 for Holden elders and Holden Senior Center volunteers and \$6.00 for out of town elders. We will accept reservations through Friday, November 13 OR until we reach capacity. Please call 508-210-5570 to reserve your seat. Everyone wishing to attend must make their own reservation.



CONGRATULATIONS!!!

We are please to announce the winners of our Amateur Photography Contest. *Best in Show - Dawn Ringquist; Best Wildlife Photo - Nancy Blodget; Best Scene - Shirley Odorski; Best Black and White Photo - Dawn Ringquist; Most Popular (color photo) - Shirley Odorski; Most Popular (black and white photo) - Nancy Blodget.* Congratulations to our winners and a very big thank you to everyone who participated.

WE NEED YOU!!!

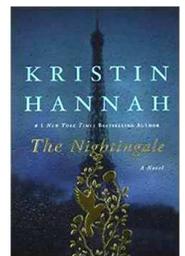


We are in dire need of volunteers to help out in the kitchen. Volunteers help pack meals on wheels to be distributed as well as prepare the dining tables, serve lunch and clean up after the congregate meals. You would be asked to arrive at 9:00 a.m. and would be finished around 1:00 p.m. If you are interested in volunteering or have questions, please call Sue at 508-210-5578 between 8:00 a.m. and 1:00 p.m.



BOOK DISCUSSION GROUP

The book discussion group will meet at **10:00 a.m. on Thursday, November 19** to discuss the book, The Nightingale by Kristin Hannah. Both a weeper and a thinker, the book tells the story of two French sisters – one in Paris, one in the countryside – during WWII; each is crippled by the death of their beloved mother and cavalier abandonment of their father; each plays a part in the French underground; each finds a way to love and forgive. If this sounds sudsy. . . well, it is, a little. . . but a melodrama that combines historical accuracy (Hannah has said her inspiration for Isabelle was the real life story of a woman who led downed Allied soldiers on foot over the Pyrenees) and social/political activism is a hard one to resist. Even better to keep you turning pages: the central conceit works – the book is narrated by one of the sisters in the present, though you really don't know until the very end which sister it is. Fast-paced, detailed, and full of romance (both the sexual/interpersonal kind and the larger, trickier romance of history and war), this novel is destined to land (sorry, again) on the top of best seller lists and night tables everywhere.



NOVEMBER CHAIR YOGA

November – Gratitude

November is a month of **Giving Thanks**. Try our YOGA classes as a way to **take care of yourself**, as we enter this busy time of year!

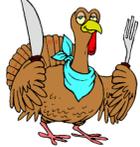
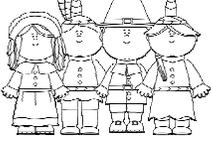
We will find BALANCE and Relieve STRESS through Yoga Breath and Movement.

REMEMBER... we now have a **Strengthening Yoga Class on Tuesdays at 2:30** and a **Gentle Beginner Chair Class on Thursdays at 1:00 p.m.**



NOVEMBER 2015



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
8-4:00 Billiards 10-12:00 Fall Prevention 12:00 Senior Lunch <i>Swedish Meatballs</i> 1:00 Friends Meeting	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	8-4:00 Billiards 9:00 Tai Chi 10:00 Senior Walkers 12:00 Senior Lunch <i>Pork Rib-i-que</i> 1:00 Pitch Party	8:00 HCOA Meeting 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 10:30 Art Is 4 Every1 12:00 Senior Lunch <i>Pasta Fagioli</i> 1:00 Bridge 1:00 Gentle Chair Yoga	8-4:00 Billiards 8:30-10:30 Morning Glory Cafe 10:00 Poker 12:00 Senior Lunch Cracker Crumb Fish 1:00 Cribbage 1:15 Spring Chicken Fitness
9	10	11	12	13
8-4:00 Billiards 10-12:00 Fall Prevention 12:00 Senior Lunch <i>Roast Pork w/Gravy</i> Veterans' Day Concert 	8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Spaghetti & Meatballs</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga	VETERANS' DAY  SENIOR CENTER CLOSED	8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 10:30 Art Is 4 Every1 12:00 Senior Lunch <i>Beef & Broccoli</i> 1:00 Bridge 1:00 Gentle Chair Yoga	8-4:00 Billiards 8:30-10:30 Morning Glory Cafe 10:00 Poker 12:00 Senior Lunch <i>Herbed Chicken</i> 1:00 Cribbage 1:15 Spring Chicken Fitness
16	17	18	19	20
8-4:00 Billiards 10-12:00 Fall Prevention 10-12:00 Legal Clinic 12:00 Senior Lunch <i>Beef Burgundy</i>	8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Hot Dog on Bun</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga	8-4:00 Billiards 9:00 Tai Chi 10:00 Senior Walkers 12:00 HOME COOKED LUNCH Vegetarian Chili 1:00 Pitch Party	8-4:00 Billiards 10:00 Mah Jongg 10:00 Book Discussion Group 10:30 Low Impact Exercise 10:30 Art Is 4 Every1 12:00 Senior Lunch <i>Chicken w/Asparagus</i> 1:00 Bridge 1:00 Gentle Chair Yoga	8-4:00 Billiards 8:30-10:30 Morning Glory Cafe 10:00 Poker 12:00 Senior Lunch <i>Alaskan Salmon w/Dill</i> 1:00 Cribbage 1:15 Spring Chicken Fitness
23	24	25	26	27
8-4:00 Billiards 10-12:00 Fall Prevention 12:00 Senior Lunch <i>Beef Jardiniere</i>	8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Roast Turkey</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga	8-4:00 Billiards 9:00 Tai Chi 10:00 Senior Walkers 12:00 Senior Lunch <i>Potato Crunch Fish</i> 1:00 Pitch Party	SENIOR CENTER CLOSED  HAPPY THANKSGIVING	 SENIOR CENTER CLOSED
30	BEST OF FRIENDS FAIR	HOME COOKED LUNCH	VETERANS' DAY CONCERT	ANY ACTIVITY (or MENU) CAN CHANGE WITHOUT NOTICE
SHINE by Appt. Only 8-4:00 Billiards 12:00 Senior Lunch <i>Macaroni & Cheese</i>	<i>Sat., Nov. 7 th</i> <i>9:00 a.m. - 2:00 p.m.</i> 	<i>Wednesday, November 18</i> 	 <i>Mon., Nov. 9</i> <i>1:00 p.m.</i>	



COMING IN DECEMBER ...

Thurs., Dec. 10 ... Mountview Breakfast for
HOLDEN ELDERS ONLY.

Sat., Dec. 12 ... Wachusett Area Rotary Breakfast

Wed., Dec. 16 ... Annual Senior Center Christmas
Party at Val's



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.

SAVE THE DATE

Save the date Wednesday, December 16 for the Annual Senior Center Christmas Party.
This year we will hold the party at Val's Restaurant, 75 Reservoir Street. For further
details please see the December newsletter.



WACHUSETT AREA ROTARY CHRISTMAS BREAKFAST



The Annual Wachusett Area Rotary Club Breakfast will be held on Saturday, December 12 at 8:30 a.m.
at The Manor Restaurant, 42 West Boylston Street in West Boylston. The Wachusett Singers will be on
hand to entertain. The breakfast is for elders from the towns of Holden, Paxton, Princeton, Rutland,
Sterling, Boylston and West Boylston. ALL reservations are to be made by calling the Holden Senior
Center at 508-210-5570 or by email to mbuffone@holdenma.gov. Please include your name, address
and phone number when emailing.

MOUNTVIEW CHRISTMAS BREAKFAST



The Annual Mountview Christmas Breakfast for **HOLDEN ELDERS ONLY** will
be held on **Thursday, December 10** at **9:00 a.m.** at the Mountview School, 270
Shrewsbury Street. Reservations are required and should be made by Monday, December
7th by calling 508-210-5570 or by email to mbuffone@holdenma.gov. Please include your
name and phone number when emailing.

*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

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