

Among Friends

September 2014

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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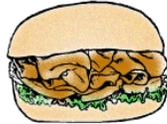
TELEPHONE NUMBERS

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

HOME COOKED MEAL



We invite you to join us for a delicious home cooked meal on **Wednesday, September 24 at noon**. We will serve a pulled pork sandwich, chips, coleslaw, 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. Reservations are required and must be made **prior to** noon on Friday, September 19. While you're here, we invite you to enjoy our amateur photography exhibit and cast your ballot for your favorites!

CAROL BURNETT SHOW MARATHON

Travel back to the past with a fun afternoon filled with some of your favorite episodes of the hilarious Carol Burnett Show. Come in and relax, enjoy some refreshments and a good laugh (remember it's the BEST medicine!). Continuous showing on **Monday, September 15** from 1:00-3:30 p.m. Open to all.



ABSOLUTELY AMATEUR PHOTO EXHIBIT/CONTEST

If you've never won a prize, here is your chance. Bring your own photos to share in this local exhibit of **Wachusett area scenes**.

Guidelines for photo exhibit:

1. Open to seniors 60 and over who are Holden residents or Holden Senior Center members.
2. Original photographs of nature scenes and wildlife of the Wachusett area. (no pets or people)
3. Photo size accepted is 3"x5" to 11"x14" and can be matted or not. NO framed photos please.
4. Photos must be brought to the Senior Center by **11:00 a.m. on Monday, September 22** and picked up by **noon on Friday, September 26**.
5. Identification should be affixed to the back of the photo.

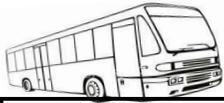
Four prizes will be awarded. One in each of the following categories: 1) Best in Show; 2) Best Scene; 3) Best Wildlife; 4) Visitors' favorite.

Please call 508-210-5570 if you are interested.

LABOR DAY



The Senior Center will be closed on
Monday, September 1 in
Observance of Labor Day



UPCOMING TRIPS



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.

Coming in December... "Christmas Time" *The one Boston Christmas spectacle guaranteed to warm any heart! The only theatre to use the same outline as Radio City Music Hall in NYC. "Children" of all ages are enchanted by Santa's Workshop, Teddy Bears' Nutcracker, Parade of Wooden Soldiers, Victorian Christmas, precision dancers and the Living Nativity. The cast of 200 comes gift wrapped in fabulous holiday sets and costumes, all backed by a live orchestra.*

Further details will appear in the October newsletter.

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.

FRIENDS NEWS!!

It's that time again and our first meeting will be **Monday, September 8 at 1:00 p.m.** Hope you all had a wonderful summer and are ready to forge ahead. We look forward to seeing you at our meeting as we "kick off" another great year!!



50 / 50 HINDSIGHT



We all have had occasion to say "I wish I had.....". If given the opportunity to change the way a series of events went in our lives, we would have made choices that could have given us assurance that our problems would have been minimized. Do you live alone and are not going to a job or other activity every day where you would be missed if you did not show up?? If yes, consider having a family member, neighbor or friend make a quick daily phone call just to check in and hear your voice. If you're a senior and live with others in the same house, possibly you could be that person who could call some other senior who is alone. If you are alone or know of someone who is alone and does not have daily connection with the outside world, please let us know by calling the Senior Center at 508-210-5570.

SHINE COUNSELOR

**Monday, September 8 and Monday, September 22
BY APPOINTMENT ONLY**



ART IS 4 EVERY 1



We are pleased to welcome back Art Instructor, Elaine Griffith! Beginning **Thursday, September 18** 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.

PUBLIC POWER WEEK LUNCHEON



The Holden Municipal Light Department and the Holden Council on Aging invite **HOLDEN ELDERS ONLY** to the Annual Public Power Week Luncheon on **Thursday, October 2** at **noon**. Staff members from the Senior Center and DPW will cook and the Staff of the Light Department will serve you a delicious home-cooked pot roast dinner. **Reservations are REQUIRED** and will be accepted through Monday, September 29 or until we reach capacity. Please call 508-210-5570 to reserve your seat. A big thank you to the Holden Municipal Light Department for sponsoring this event.



FREE TRANSPORTATION



Thanks to a grant from the Executive Office of Elder Affairs, we are offering free rides on our van to the Senior Center for lunch or any activity here at the center. If you'd like to attend lunch or one of our programs and would like transportation, please call Naomi at 508-210-5573 to schedule your ride. We will offer the free rides until such time as the grant money is expended.

SEPTEMBER CHAIR YOGA THEMES

Let's roll right into September, the month of transition from summer to fall...continuing the **circle** around the sun, the months and the seasons. We will explore **ABC Yoga** for back to school and some fun **Brain Games**. Be sure to join in the **FUN!!!**

Sept. 2 - Labor Day Circle Yoga; **Sept. 9** - **A** - Awareness - Arthritis - Align the Spine; **Sept. 16** - **B** - Bones - Breath - Balance; **Sept. 23** - Calm - Centered - Core - Compassionate; **Sept. 30** - Super Brain Yoga.



BOOK DISCUSSION GROUP



The book discussion group will meet at **10:00 a.m.** on **Thursday, September 18** to discuss the book The All-Girl Filling Station's Last Reunion: A Novel by Fannie Flagg. The one and only Fannie Flagg, beloved author of Fried Green Tomatoes at the Whistle Stop Café, Can't Wait to Get to Heaven and I Still Dream about You, is at her hilarious and superb best in this new comic mystery novel about two women are forced to re-imagine who they are.

Mrs. Sookie Poole of Point Clear, Alabama, has just married off the last of her daughters and is looking forward to relaxing and perhaps traveling with her husband, Earle. The only thing left to contend with is her mother, the formidable Lenore Simmons Krackenberry. Lenore may be a lot of fun for other people, but is, for the most part, an overbearing presence for her daughter. Then one day, quite by accident, Sookie discovers a secret about her mother's past that knocks her for a loop and suddenly calls into question everything she ever thought she knew about herself, her family, and her future.

Sookie begins a search for answers that takes her to California, the Midwest, and back in time to the 1940's, when an irrepressible woman names Fritzi takes on the job of running her family's filling station. Soon truck drivers are changing their routes to fill up at the All-Girl Filling Station. Then, Fritzi sees an opportunity for an even more groundbreaking adventure. As Sookie learns about the adventures of the girls at the All-Girl Filling Station, she finds herself with new inspiration for her own life.

Fabulous, fun-filled, spanning decades and generations, and centered on a little-known aspect of America's twentieth-century story, The All-Girl Filling Station's Last Reunion is another irresistible novel by the remarkable Fannie Flagg.

SEPTEMBER 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 HOLIDAY LABOR DAY  SENIOR CENTER CLOSED	2 8-4:00 Billiards  9:30 Needlework  10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Salmon Boat w/Dill 1:00 Bingo  1:00 Bridge  2:30 Chair Yoga 	3 8-4:00 Billiards 9:00 Tai Chi 10:00 Senior Walkers 12:00 Senior Lunch Garlic Herbed Chicken 1:00 Pitch Party 	4 8:00 HCOA Meeting 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise Senior Lunch Beef & Broccoli 12:30 Movie "Tootsie" 1:00 Bridge 	5 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch Spaghetti & Meatballs 1:00 Cribbage 1:15 Spring Chicken Fitness  
8 SHINE by Appt. Only 8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch Lemon Thyme Chicken 1:00 Friend's Meeting	9 STATE PRIMARY  NO PROGRAMS OFFICE OPEN VAN RUNNING	10 8-4:00 Billiards 9:00 Tai Chi 10:00 Senior Walkers 12:00 Senior Lunch American Chop Suey 1:00 Pitch Party 	11 8-4:00 Billiards  10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch Chicken w/Asparagus 12:30 Movie "Smash His Camera" 1:00 Bridge 1:00 Line Dancing	12 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch Fish Sticks 1:00 Cribbage 1:15 Spring Chicken Fitness  
15 8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch Beef w/Jardiniere Sauce 1:00 Quilting 1-3:00 Carol Burnett Marathon  	16 8-4:00 Billiards  9:30 Needlework  10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Chicken Sausage Jambalaya 1:00 Bingo  1:00 Bridge  2:30 Chair Yoga 	17 8-4:00 Billiards 9:00 Tai Chi 10:00 Senior Walkers 12:00 Senior Lunch Breaded Fish 1:00 Pitch Party 	18 8-4:00 Billiards  10:00 Mah Jongg 10:00 Book Discussion Grp 10:30 Low Impact Exercise 12:00 Senior Lunch Pork w/Rosemary Gravy 12:30 Movie "Saving Mr. Banks" 1:00 Bridge 1:00 Line Dancing	19 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch Chicken Fricassee 1:00 Cribbage 1:15 Spring Chicken Fitness  
22 SHINE by Appt. Only 8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch Potato Crunch Fish 1:00 Quilting 	23 8-4:00 Billiards  9:30 Needlework  10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Hot Dog on Bun 1:00 Bingo  1:00 Bridge  2:30 Chair Yoga 	24 8-4:00 Billiards 9:00 Tai Chi 10:00 Senior Walkers 12:00 HOME COOKED LUNCH  1:00 Pitch Party 	25 8-4:00 Billiards  10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch Greek Chicken 1:00 Bridge 1:00 Line Dancing	26 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch Salisbury Steak & Onion Gravy 1:00 Cribbage 1:15 Spring Chicken Fitness  
29 8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch Cheese and Bacon Omelet 1:00 Quilting 	30 8-4:00 Billiards  9:30 Needlework  10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Chicken Murphy 1:00 Bingo  1:00 Bridge  2:30 Chair Yoga 	ABSOLUTELY AMATEUR PHOTO EXHIBIT/CONTEST  Deadline is 11:00 a.m. Monday, September 22	ANY ACTIVITY CAN CHANGE WITHOUT NOTICE	MENU & MOVIES ARE SUBJECT TO CHANGE WITHOUT NOTICE

COMING IN OCTOBER...



Wed., 10/1 ... Legal Clinic - Alzheimer's

Thurs., 10/2 ... Public Power Week Lunch
HOLDEN RESIDENTS ONLY
RESERVATIONS REQUIRED



Mon., 10/13 ... Senior Center Closed in
Observance of Columbus Day

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.

SEPTEMBER MOVIES

Thurs., Sept. 4 ... **"Tootsie"** ... Few actors go as far to bag a part as Michael Dorsey (Dustin Hoffman), who transforms himself into a woman to prove he can get hired on a soap opera. But Michael has an enviable problem when his alter ego, Dorothy, becomes daytime television's hottest ticket. His pretty co-star (Jessica Lange) has no idea that her dear friend Dorothy is a man -- and neither does the actress's father (Charles Durning), who falls for Dorothy hook, line and sinker. *Rated PG ~ 119 minutes*



Thurs., Sept. 11 ... **"Smash His Camera"** ... While profiling the controversial life and career of pioneering paparazzo Ron Galella, Oscar-winning documentary filmmaker Leon Gast raises intriguing questions about the freedom of the press, the right to privacy and our celebrity-obsessed culture. A great risk taker who never backed down, Galella suffered a broken jaw at the hands of Marlon Brando and fought two major lawsuits filed by Jacqueline Kennedy Onassis. *Rated PG-13 ~ 89 minutes*



Thurs., Sept. 18 ... **"Saving Mr. Banks"** ... When Walt Disney sets his sights on obtaining the rights to the children's classic "Mary Poppins," he reaches out to the book's author, P.L. Travers, only to find that she proves a tough nut to crack. Stars Tom Hanks & Emma Thompson *Rated PG-13 ~ 125 mins.*



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