

Among Friends

October 2015

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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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.



New Class

for beginners or those who want gentle,
yet beneficial seated movement.

Gentle Chair Yoga: Thursdays 1:00 p.m. (beginning October 8) Gentle seated stretching, and breathing/centering along with basic yoga poses adapted for the chair. Occasional (optional) standing - to increase strength and balance. (Seated modifications offered.) If you have a yoga mat, please bring it along. The first class on October 8 will be an introductory class free of charge. Classes subsequent to October 8 will cost \$2.00 per class.

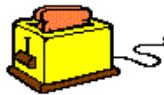
YOU'RE INVITED TO THE GRAND OPENING OF THE MORNING GLORY CAFÉ!



Come one ~ come all, as we open our Morning Glory Café here in the Senior Center. The Café will be open from 8:30 a.m.-10:30 a.m. every Friday beginning October 16. 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 is no cost. The Café and its fare are generously sponsored by the Friends of the Holden Council on Aging and volunteer bakers.



We have invited special guests for the Grand Opening, so please come join in the fun ~ bring an old friend ~ make some new ones! If the Café is well supported, we hope to offer hot options (i.e., oatmeal, waffles) in the near future. If you have questions, please call 508-210-5570.



CUBA TODAY

Join us on Wednesday, October 14 at 1:00 p.m. as photographer and teacher Ron Rosenstock presents a program on Cuba based on his recent visit there. Ron has spectacular photographs and wonderful stories about the people of Cuba today. The program is free and open to all. Please call 508-210-5570 to reserve your seat.



The Senior Center will be closed on
Monday, October 12 in observance of
Columbus Day.



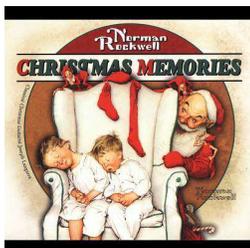


UPCOMING TRIPS



Fri., Nov. 6 ... Foxwoods Casino ... Cost of trip \$26.00/person, includes \$20.00 vouchers for food/slots and drivers gratuity. Depart from the Senior Center at 8:15 a.m. and return at approximately 4:00 p.m. **Money is due at time of reservation.**

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 holidays 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.

Mon., Dec. 7 ... Christmas Time at the Reagle Playhouse, Waltham ... 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. **30 PEOPLE ARE NEEDED TO REGISTER AND PAY BY OCTOBER 15 TO MAKE THIS TRIP A GO.** There will be a light lunch following the show at The Chateau. Lunch menu TBD. Cost of this trip is \$89.00.

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 state 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 Schrod 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, Oct. 19 and Monday, Oct. 26
BY APPOINTMENT ONLY**



COME ONE ... COME ALL

To the Best of Friends Fair ~ **Saturday, November 7** from **9:00 a.m.-2:00 p.m.**
Crafters ... Bake Table ... Hand made knitted items ... delicious lunch ... and lots of
friendship. More details in the November newsletter. We hope to see you there!!!



GOthic VICTORIAN TALES



ACTRESS RITA PARISI FROM WATERFALL PRODUCTIONS PRESENTS GOTHIC VICTORIAN TALES BY CANDLELIGHT. - A THEATRICAL STORYTELLING PRESENTATION OF A TRIO OF TALES BY 19TH CENTURY AUTHOR, SARAH ORNE JEWETT. CALL US AT 508-210-5570 TO RESERVE YOUR SEAT. THE PRESENTATION WILL BE HELD ON **MONDAY, OCTOBER 19** AT **1:15 P.M.** AND IS FREE AND OPEN TO ALL.

Fall Prevention Program Sponsored by the Visiting Nurses Association

A six-week program entitled "Stay Upright with Simple Steps" will be held on Monday mornings here at the Senior Center. A Physical Therapist and two Registered Nurses from the VNA Care Network will coordinate the topics. Meetings and screenings for balance and osteoporosis will be scheduled for **10:00 a.m. to 12:00 p.m.** Details will be given at the first meeting. There is no cost, and the program is open to all seniors. You must register at 508-210-5570. The series will begin on **Monday, October 19.**



DO YOU NEED A HEALTHCARE PROXY?

Health Care Proxy

Attorney Kimberly J. Asher will be here on Wednesday, October 21 from 11:00 a.m.-1:00 p.m. for anyone wishing to establish a health care proxy. There is no cost for this service. Appointments are not necessary, it will be on a first come first served basis.

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



BOOK DISCUSSION GROUP

The book discussion group will meet at **10:00 a.m.** on **Thursday, October 22** to discuss the book, The Mephisto Club by Tess Gerritsen. PECCAVI ~ The Latin word is scrawled in blood at the scene at a young woman's brutal murder: I HAVE SINNED. It's a chilling Christmas greeting for Medical Examiner Maura Isles and Detective Jane Rizzoli, who swiftly link the victim to controversial celebrity psychiatrist, Joyce O'Donnell - Jane's professional nemesis and member of a sinister cabal called the Mephisto Club.

On top of Beacon Hill, the club's acolytes devote themselves to the analysis of evil: Can it be explained by science? Does it have a physical presence? Do demons walk the earth? Drawing on a wealth of dark historic data and mysterious religious symbolism, the Mephisto scholars aim to prove a startling theory: that Satan himself exists among us.

With the grisly appearance of a corpse on their doorstep, it's clear that someone - or something - is indeed prowling the city. The members of the club begin to fear the very subject of their study. Could this maniacal killer be one of their own - or have they inadvertently summoned an evil entity from the darkness?

Delving deep into the most baffling and unusual case of their careers, Maura and Jane embark on a terrifying journey to the very heart of evil, where they encounter a malevolent foe more dangerous than any they have ever faced ... one whose work is only just beginning.



OCTOBER CHAIR YOGA

Fall into the beautiful, vibrant colors of Autumn with our Fall Focus on Health, Strength and Well-being. **October 6...Muscle and Joint Strength; October 13... Immune Strength; October 20...Emotional Mood and Balance; October 27...Skeletal Strength.**





OCTOBER 2015



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>ANY ACTIVITY (or MENU) CAN CHANGE WITHOUT NOTICE</p>	<p>GRAND OPENING OF THE MORNING GLORY CAFÉ!  October 16th  8:30 a.m.-10:30 a.m. EVERY FRIDAY</p>	<p>Gentle Chair Yoga Thursdays, 1:00 p.m. (beginning October 8)</p> 	<p>1</p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 10:30 Art Is 4 Every1 12:00 PUBLIC POWER LUNCH BY RESERVATION ONLY 1:00 Bridge</p>	<p>2</p> <p>8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch Fish Victor 1:00 Cribbage 1:15 Spring Chicken Fitness</p>
<p>5</p> <p>8-4:00 Billiards 12:00 Senior Lunch Jambalaya</p>	<p>6</p> <p>8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch BBQ Chicken 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p>	<p>7</p> <p>8-4:00 Billiards 9:00 Tai Chi 10:00 Senior Walkers 12:00 Senior Lunch Hot Dog on Bun 1:00 Pitch Party</p>	<p>8</p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 10:30 Art Is 4 Every1 12:00 Senior Lunch Lasagna 1:00 Bridge 1:00 Gentle Chair Yoga</p>	<p>9</p> <p>8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch Fish w/Crumb Topping 1:00 Cribbage 1:15 Spring Chicken Fitness</p>
<p>12</p>  <p>Columbus Day</p> <p>SENIOR CENTER CLOSED</p>	<p>13</p> <p>8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Beef Mediterranean 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p>	<p>14</p> <p>8-4:00 Billiards 9:00 Tai Chi 10:00 Senior Walkers 12:00 Senior Lunch Chicken Primavera w/Pasta 1:00 Pitch Party 1:00 Ron Rosenstock</p> 	<p>15</p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 10:30 Art Is 4 Every1 12:00 Senior Lunch Salmon Boat w/Dill 1:00 Bridge 1:00 Gentle Chair Yoga</p>	<p>16</p> <p>8-4:00 Billiards 8:30-10:30 ~ Morning Glory Cafe 10:00 Poker 12:00 Senior Lunch Meatballs w/Onion Gravy 1:00 Cribbage 1:15 Spring Chicken Fitness</p>
<p>19</p> <p>SHINE by Appt. Only 8-4:00 Billiards 10-12:00 Fall Prevention 12:00 Senior Lunch Roast Pork w/Gravy 1:15 Gothic Victorian Tales</p> 	<p>20</p> <p>8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Shepherd's Pie 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p>	<p>21</p> <p>8-4:00 Billiards 9:00 Tai Chi 10:00 Senior Walkers 11-1:00 Healthcare Proxy 12:00 Senior Lunch Bacon Omelet 1:00 Pitch Party</p> 	<p>22</p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:00 Book Discussion Grp 10:30 Low Impact Exercise 10:30 Art Is 4 Every1 12:00 Senior Lunch Chicken Cacciatore 1:00 Bridge 1:00 Gentle Chair Yoga</p>	<p>23</p> <p>8-4:00 Billiards 8:30-10:30 ~ Morning Glory Cafe 10:00 Poker 12:00 Senior Lunch Potato Crunch Fish 1:00 Cribbage 1:15 Spring Chicken Fitness</p>
<p>26</p> <p>SHINE by Appt. Only 8-4:00 Billiards 10-12:00 Fall Prevention 12:00 Senior Lunch Chicken Mornay</p>	<p>27</p> <p>8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Macaroni & Cheese 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p>	<p>28</p> <p>8-4:00 Billiards 9:00 Tai Chi 10:00 Senior Walkers 10:00 Medicare Update 12:00 Senior Lunch Chicken a La King 1:00 Pitch Party</p> 	<p>29</p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 10:30 Art Is 4 Every1 12:00 Senior Lunch Meatloaf & Gravy 1:00 Bridge 1:00 Gentle Chair Yoga</p>	<p>30</p> <p>8-4:00 Billiards 8:30-10:30 ~ Morning Glory Cafe 10:00 Poker 12:00 Senior Lunch Pork Chow Mein 1:00 Cribbage 1:15 Spring Chicken Fitness</p>

COMING IN NOVEMBER ...

Sat., 11/7 Best of Friends Fair

Mon., 11/9 Patriotic Music in Observance of
Veterans Day

Mon., 11/16 ... Legal Clinic by appointment

Wed., 11/18 ... Home Cooked Meal

VNA Fall Prevention Series Continues Every Monday



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.

ART IS 4 EVERY1

Instructor Elaine Griffith developed an innovative method to teach acrylic painting that makes it easy to see like an artist. Even with no art experience, students of all ages create an amazing painting their first time. Monthly technique and color mix demos, along with individual attention make it a fast track to success for all. Paint included. Supply set (brushes and an 11x14 canvas) available for \$12.00, if needed. Wear clothes to paint in or bring a smock. Start anytime. \$10.00/class. Classes are held every Thursday from 10:30 a.m. -12:00 noon.



IT'S THAT TIME OF YEAR AGAIN...



If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO), you should receive a notice from your plan by the end of September. That notice outlines changes to be made to your plan for 2016: *it is important to review, understand and save* this information! During **Medicare Open Enrollment, from October 15 to December 7**, you will be able to change your plan for next year. If you would like help understanding your upcoming changes and options, a trained SHINE counselor is available to offer FREE and CONFIDENTIAL counseling on all Medicare and related health insurance programs. To see a SHINE counselor, please call 508-210-5570 to make an appointment.



WE WILL HOLD OUR ANNUAL MEDICARE UPDATE MEETING ON WEDNESDAY, OCTOBER 28 AT 10:00 A.M. Being discussed: Medicare; Medicare Drug Plans and Health Plans and any changes.

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