



Among Friends June 2021

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HOME-COOKED GRAB & GO LUNCH FOR JUNE!!!

For this month's home-cooked Grab & Go Lunch ... we're trying something a little different. On *Wednesday, June 15th* we're going to have home-made meatball subs, a bag of chips, a drink and a home made dessert. Yumm-O! As always, reservations are REQUIRED and can be made by calling 508-210-5570. We will accept reservations through Wednesday, June 9 or until we reach capacity. You can pick up your lunch between 12:00 and 12:30 p.m.



FREE LEGAL CONSULTATIONS

On *Monday, June 14*, Attorney Arthur Bergeron from the firm Mirick O'Connell, will offer free 15 minute legal consultations. Appointments will be scheduled from *10:30 a.m. - 12:15 p.m.* and will be done over the phone. To reserve an appointment, please call 508-210-5570 to leave your name and phone number. Mr. Bergeron will phone you at the appointed time.

TAI CHI CLASSES ARE HERE!

If you've been enjoying the Tai Chi classes on Holden's cable TV channel or if you're just looking for an enjoyable exercise class with an excellent instructor ... our Tai Chi class is for you!! Join Gary on the ball field every Monday and Wednesday at 9:00 a.m. You'll be glad you did! Cost is \$4.00/class payable to the instructor. No registration necessary.



LET'S DO LUNCH!!



We miss seeing our "Out to Lunch Bunch" and sharing a meal together at our local restaurants. Restaurants have been opening up and as long as we follow CDC guidelines, we could meet and enjoy some social time together. Outside seating is more and more readily available. How about **Thursday, June 17th at 11:30?** Let's start by meeting at Val's to enjoy her delicious menu and her delightful patio or check out her new redecorated dining room! Contact Dale at 508-210-5576 to let her know if this is something you are ready to do.

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Holden Senior Center
1130 Main Street, Holden, MA 01520
508-210-5570

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Secretary: Maureen Buffone
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Transportation Coordinator: Mary Sloan - 508-210-5573
Outreach Worker: Paula Earley
Outreach Worker: Dale Hayden
Drivers: John Bianco, Greg Tivnan,
Katherine LePain,
Meal Site Manager: Sue Donaldson - 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.

Hours: Monday - Friday 8:00 a.m. - 4:00 p.m.



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In Memoriam ...

Richard Kesseli ~ Husband of Betty Kesseli ~ Holden
Donald Holmes ~ Husband of Jeannette Holmes ~ Jefferson
Gary Jackson ~ Husband of Carole Jackson ~ Holden
Barbara Rollins ~ Wife of Peter Rollins ~ Holden
Jeffrey W. Kemp ~ Husband of Sue Kemp ~ Holden
Domenic Caccialino ~ Husband of Dolores Caccialino (deceased Feb. 2021) ~ Holden
Paul Shilale ~ Husband of Sue Shilale ~ Holden



JOIN IN THE FUN OF READING ~ OUR BOOK CLUB WILL MEET ...

... on **Thursday, June 24 at 10:30**. This month's selection is Hold Tight by Harlan Coben.

Tia and Mike Baye never imagined they'd spy on their kids. But their sixteen year old son Adam has been unusually distant lately, & after the suicide of his best friend, Spencer Hill, they can't help but worry. Within days of installing a sophisticated spy program on Adam's computer they are jolted by a cryptic message from an unknown correspondent that shakes them to their core: "Just stay quiet and all safe."

As if Mike Baye isn't dealing with enough, he also learns that Lucas Loriman, the sweet kid who grew up next door, is in urgent need of a kidney transplant. As the boy's doctor, Mike suddenly finds himself in possession of an explosive secret that threatens to rip the Loriman family apart at the seams.

Nearby, while browsing through an online memorial for Spencer, Betsy Hill discovers a surprising detail about the night of her son's death. Before she can find out more, Adam disappears, taking the truth with him.

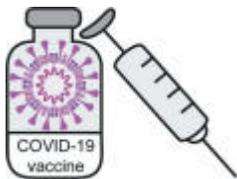
As the lives of these families collide in tragic, unexpected and violent ways, long-hidden connections in their small suburb begin to work their way to the surface. And when an unidentified Jane Doe is beaten to death not far away, those connections threaten to turn this quiet community upside down - and force these desperate parents to decide whether there is any line they won't cross to protect those they love most in the world.

OUTDOOR YOGA WITH KATIE

We have planned a trial run of outdoor yoga on the grounds of the Senior Center, on the side nearest the ball field. One hour classes will be held on Tuesdays, June 22 and June 29 at 9:30 a.m. No mats will be used. Sneakers are recommended. Chairs will be placed 6 feet apart. Masks, hats, sunscreen are at the discretion of the participant. In the event of rain, the class will not be held. You **MUST** register for each class individually, but not both at one time. This will give everyone the chance to attend at least one class. If you register and attend the class on June 22nd you can register for the class on the 29th on June 23rd, if there's still space available. To register, please call 508-210-5570.



COVID-19 VACCINE UPDATE



The Town of Rutland has established an Emergency Dispensing site to provide area residents with the COVID 19 vaccination. If you have not yet received your vaccination, you can go to www.rrecc.us/vaccine. That website will show you available clinics and allow you to register for a day and time convenient for you.

For the town's most up to date information, please visit: <https://www.holdenma.gov/home/urgent-alerts/covid-19-information-and-vaccine-updates-town-building-closure>.

****Note: The Senior Center staff reminds you that this information is current only up until this newsletter went to print in mid-May. Please check the web page given above for the most current information.**

LET THE RE-OPENING PROCESS BEGIN ...



It feels good to say that! We are going to begin the re-opening process. Some things will be held inside - others will be outside either on the porches or under a tent. We are going to try to hold as much outside as possible - after all we've all spent more than a year cooped up inside our houses, haven't we - it'll be great to get some fresh air! Obviously, this is a work in progress as things will consistently be changing. This is in **NO WAY** "back to normal" & coming back will be DIFFERENT from what you're used to. We ask everyone's cooperation in making the re-opening process as easy as possible for everyone. There are some **VERY IMPORTANT** things to remember and observe;

1) We will be setting up tables and chairs both inside and outside according to State guidelines. **Once you arrive for a class/event you absolutely CANNOT re-adjust the tables/chairs! If we find that participants are moving the furniture, we will reconsider whether or not that class/event can continue;**

2) You **MUST REGISTER** for **EVERYTHING** listed below unless otherwise noted- not just classes or events, but EVERYTHING including Billiards, Use of the Exercise Equipment; Playing Pitch - EVERYTHING, as we can only accommodate a certain number of people;

3) You will be **UNABLE** to register for an entire month of classes, games, etc., but rather have to register each week. (i.e., you can register for one of Marty's classes at a time rather than 4 weeks at once.) This enables everyone to have a fair chance to take classes, play cards or billiards, etc., due to limited numbers;

4) **Masks must be worn inside the building no matter the purpose of your visit.**

5) When **paying** for a class/event, please place your **exact change** in an envelope with your name on it. (This makes transfer of moneys safer in the event of wind.) We will not have change to give you - especially for something held outside. A staff member or instructor will collect it.; **ALSO** please have your MySeniorCenter card ready for scanning with our portable scanner.

6) Please remember that if your class/event is held outside, you still have access to the building for rest rooms.

7) No serving of refreshments after an event/class/game will be allowed.

Below are the programs we'll start out with and where they will be held. **ALL of these require registration by calling the office at 508-210-5570 unless noted.**

Billiards - Available daily. 2 people at a time; Registration & mask required.

Bingo - Tuesday, 1:00 outside under tents. Registration required.

Blood Pressure Clinics - Tuesdays, 6/15 and 6/29 from 10:00-11:00 Outside under tent. **NO** registration necessary. Walk-ins welcome.

Chair Yoga - Instructor opts to hold 2 classes (June 22 & 29 at 9:30) Outside; Registration required. \$2.00/class

Cribbage - Friday, 1:00 Arts & Crafts Room. Registration & mask required.

Exercise Equipment - Registration & mask required. Please wipe down equipment after use. Materials provided.

Exercise with Marty - Fridays 1:00 location is uncertain. Registration required.

Knitters - Mondays at 9:30 either on the porch or under a tent.

Legal Consultations - Will continue to be done via phone. Appointments made by calling 508-210-5570.

Low Impact Exercise - Tuesdays 10:30 on the Bandstand. Registration required. \$4.00/class.

Morning Glory Café - Uncertain of opening date. Please call for information.

Painting - Thursday 10:00 outside under tents. Access to building for washing brushes available. Registration required.

Pitch - Wednesday, 1:00 Dining Room. Registration & mask required.

Poker - Friday, 10:00 Arts & Crafts Room. Registration & mask required.

Scrabble - Wednesday, 10:00 Outside under tent. Registration required.

Senior Center Book Club - 4th Thursday 10:00 Outside on porch or under tent. Registration required.

SHINE Consultations - Will continue to be done via phone. Appointments made by calling 508-210-5570.

Tai Chi - Mon. & Wed. 9:00 a.m. outside on ball field or under tents if raining (no registration required as there's plenty of space to spread out on the ballfield.)

THE JOURNEY OF GRIEF ***Finding Your Way and Healing Your Spirit***

Join us to share ideas on how to support, cope and care for those on grief's journey.

Grief is the natural response to a loss. Each loss is unique and there is no prescribed process or timeline for the journey of grief. Working through grief after a death usually begins with a memorial celebration. Ritual enables the human heart to celebrate, mourn and endure life's deepest moments. With many people postponing funerals, memorials or celebrations of life during the last year, clinicians are seeing a rise in delayed grief. Delayed grief is a complication brought about for many reasons. Many people who lost loved ones during the COVID-19 pandemic have been unable to follow family and faith traditions, delaying the first essential step to grieving. Join us for a workshop that helps participants reflect on the impact of the pandemic on their grief, recognize complications of their loss and explores the fundamental principles of healthy grieving.

The presenter, Pamela Reidy, is Director for Community Education for Miles Funeral Home and has over 20 years' experience in end-of-life care. Pam is an interfaith minister who has helped countless individuals and families with the bereavement process.

Saturday, June 26, 2021 from 1:00-2:30 p.m.

Holden Senior Center ~ 1130 Main Street, Holden

Seating is limited ~ Seminar is free and open to the public

Light refreshments will be served

Please call 508-829-4434 or 978-422-0100 for reservations



From the Outreach Office

Spring is finally here. We can go outside and enjoy the warmer weather. Now is a good time to re-evaluate the services you may be receiving or discover services you may not know about. The Outreach Office is here to provide information to assist you with filling out applications for SNAP (food stamps), Food Pantry, Housing, Mass Health, Adaptive Equipment, Medical Equipment, Library book deliveries, Hearing aids and many more. The Holden Police Department can provide you with a Telephone Reassurance call. This is a service for individuals who live alone and do not have daily contact with a friend or family member. We can assist you in filling out an application for this service. The Telephone Reassurance Program provides you with a daily call to you with a follow-up, should the call be unanswered. We would love to hear from you.



Please call ~ Paula ~ 508-210-5575 or Dale ~ 508-210-5576

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ZENTANGLE FOR SENIORS

Relax and have fun by joining us on **Wednesday, June 23 at 1:00 p.m.** for an enjoyable Zentangle class with certified Zentangle instructor, Mary Shepherd. The class will be held outside under a tent. Come and try your hand at supervised doodling. All materials are provided. **Seating is limited.** Registration is **REQUIRED** by calling 508-210-5570.

2021 DAY TRIPS



OOPS: The Holden Senior Center Trip Line (508-210-5579) has been providing some very important service for the towns of Holden/Rutland as it has been used as the number for Holden residents to call for a COVID-19 vaccination appointment at the Rutland Library. Unfortunately, some of our trip messages have inadvertently been deleted during the process of us removing names for vaccination appointments each day and we have corrected this problem. If you have signed up for a trip using our trip line in the past two months, please call Dale at 508-210-5576. We would not want to miss adding your names to our trips. Thank you for your understanding during this important undertaking. We should be back to normal soon.

- June 23** - Memories of Patsy/Patsy Cline Tribute Show/Lantana's - \$98/person - Chicken Breast Lunch.
- July 14** - Jimmy Buffet Tribute/Foster's Lobster Bake/Maine-\$101/person-Lobster or BBQ Chicken.
- July 27** - Spirit of Boston Cruise/Faneuil Hall & Quincy Market - \$111/person - Grande Buffet.
- August 26** - Texas Tenors/Danvers Sport Yacht Club - \$101/person - Chicken Parm. or Baked Scrod.
- September 16** - Narragansett Lighthouse - \$99/person
- October 19** - Green Mountain Railroad - \$101/person

PROOF OF COVID VACCINATION WILL BE REQUIRED FOR EACH TRIP.

FROM THE FRIENDS OF HCOA ...

Good Day to all! ... As you can see, we are beginning to move ahead with gradually reopening the Senior Center. Great News! As mentioned, the staff of the senior center will be taking measured steps for the reopening. One of the best ways to keep abreast of the different phases of the reopening is to go to the

FRIENDS web pages ... www.fhcoa.org or at [facebook.com](https://www.facebook.com/friends.of.the.holden.council.on.aging) where you can search FRIENDS OF THE HOLDEN COUNCIL ON AGING. We will update these web pages as events change. We look forward to again booking trips; reopening the MORNING GLORY café and a number of other events ... stay tuned!



Our next meeting is scheduled for June 7th at 10:00 a.m. at the Senior Center.

GRAB & GO LUNCHES

Not quite ready to go to a restaurant, but tired of cooking? We have a solution for you!! We are still offering a Grab & Go Lunch through Elder Services. The lunch is the same as if you were eating here at the Senior Center (see menu on back page). Here's the way it works:

You call **SUE (not the Senior Center) at 508-210-5578 between 9:00 a.m. and Noon** to make your reservation. You **MUST call 48 hours in advance.** (i.e., call by 12:00 on Thursday for the following Monday or by 12:00 p.m. on Tuesday to receive a lunch on Thursday.) The day you're scheduled to receive a meal, you pull up to the kitchen door on the side of the building between **11:30 and 12:00**; ring the doorbell and step back; Sue will place your meal (s) on the table outside the door. Also on the table, will be a donation box. We respectfully ask for a \$2.50 donation per meal, which you can place in the box. Needless to say, if you want to call and make reservations for the month, you're more than welcome to do that.





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PRIOR TO THE RE-OPENING OF THE BLDG. we are unable to accept memberships at the door so, please MAIL your membership to: Holden Senior Center, 1130 Main Street, Holden, MA 01520. Thank your for your cooperation.

JUNE MENU

(Menu subject to change without notice)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1) Jambalaya	2) Potato Crunch Fish	3) Baked Ham	4) Garlic Herb Chicken
7) Chicken Pot Pie	8) Baked Beans & Hotdog	9) Stuffed Pepper Casserole	10) Turkey with Supreme Sauce	11) Cranberry Chicken Salad
14) American Chop Suey	15) Burger w/Chili and Cheese	16) Ranch Chicken	17) Roast Pork Loin w/Gravy	18) Juneteenth ~ No Meals Served
21) Shepherd's Pie	22) Greek Chicken	23) Meatloaf with Gravy	24) Cheese Ravioli w/ Meat Sauce	25) Lemon Pepper Haddock
28) Teryaki Beef	29) Vegetable Cheese Bake	30) Chicken Milano		

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, Inc.

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