



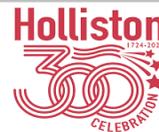
# HOLLISTON SENIOR CENTER NEWS

Open Monday-Friday 9-4pm, unless otherwise noted.

Holliston Senior Center

January/February 2024

## Director's Message, January-February 2024



*Ralph Waldo Emerson ~ Write it on your heart that every day is the best day in the year.*

Here we are again, at the threshold of a new year with all the prospects and promise that this brief moment in time can hold. Our glasses will soon “clink” over promises of hopeful resolutions and good wishes, fireworks will decorate the night sky, confetti will rain down on optimistic revelers and new calendars will replace previous iterations, as we begin the New Year.

As humans we seem prone to imbuing specific occasions with almost magical significance and promise. Why not? Some days are special. Celebrating life's milestones can require a bit of fanfare. Some moments may deserve more attention than others, here and there. But when we choose to focus a lot of attention on “special” moments in time, sometimes we lose sight of all the beautiful bits that happen in between.

Life is made of numerous special events AND even more so, by millions of simple, regular, daily moments... Seeing the sun come through the curtain on a warm summer day, enjoying a cup of coffee as you leisurely look through the morning paper, feeling the calming warmth of the water as you wash your face, finishing a project that you are proud of, thrilling at the color of a little cardinal on a tree branch outside your window, volunteering in your community, hearing the sound of your friend's voice on the phone, savoring a delicious meal – or– taking time to reflect on some thoughts in your journal. There are so many ways to glimmer and glow... Don't miss the everyday pearls as you wait for the big events.

We look forward to seeing and hearing from you in 2024! We are excited for all the little opportunities there will be to connect. We thank you for all of the little ways you make our hearts smile and look forward to the opportunity to return the favor.

**Happy New Year, All!**

Be Well, Lisa-

### Important Calendar Notes

The Center is **CLOSED**:

**January:**

**1st, New Years Day**

**15th, Martin Luther King Day &**

**February:**

**19th, Presidents' Day**

During inclement weather, if Holliston Public Schools are closed then the Center is **CLOSED**, too!

*Would you like our newsletter sent to you via email? If yes, email Laura at: [parmensil@holliston.k12.ma.us](mailto:parmensil@holliston.k12.ma.us)*

*The Holliston Senior Center does not endorse or promote any service or company. We encourage you to be an educated consumer.*

### New Outreach Coordinator

We are very pleased to announce that we have another great new addition to the staff of the Holliston Senior Center. We welcomed Cynthia Listewnik to the role of Outreach and Transportation Coordinator at the end of November. Cynthia is a town resident with a background in social work and community service, who has a sincere and genuine commitment to supporting all members of the Holliston community. We are happy to have her as a part of our core staff. Please help her to feel welcomed and come meet her next time you are in!



### New Assistant Director

Laura Parmensi started in July this year. Her background and experience in community programming, service, health and fitness make her a great addition to our team.



### SPECIAL CARDS for SPECIAL PEOPLE

**Card making with fabric is unique but easy to do.**

**February 2nd, at 10am.**

Join Beth to make Valentine's Day Cards. The cost is \$5 per person and you make 2 to 3 cards. All materials are provided.

**Please call 508-429-0622 to sign up**



**LGBTQ+ FRIENDLY**



## Sergeant Remkus and Officer Ciavarra, Holliston Elder Affairs Officers

Happy Holidays to one and all, this month we would like to discuss your physical and mental health. When it gets around the holiday season everyone feels a great amount of stress and this affects everyone differently. Some people experience strong feelings that can result in mood swings, physical problems, relationship problems and other internal and external stressors. It is important to remember you are not alone in these feelings and we are here to say that there are resources and people to speak with to help you. The Holliston Senior Center is a wonderful resource filled with a dedicated staff and the Holliston Police Department has personnel who are always ready and willing to speak with you and help. It is better to reach out to one of these two resources to help you through a difficult time and get your mind, spirit and physical being back on track. Speaking with loved ones, family, friends, neighbors or anyone is important during the holiday season and winter months because the weather and times can make people feel more isolated than usual. The best way to get through your time of need is to reach out and build a caring, supportive team. Together we can all achieve more and it is important to learn new opportunities, skills, people and the world in general. Your mental, spiritual and physical well being is important to us and most importantly never feel you are alone. We are always a phone call away from being able to provide the help you need.

Finally, Happy Holidays and as always be safe.

## Michael R. Cassidy Fire Chief & Emergency Management Director



### Heating is the second leading cause of home fires. Follow these tips from the American Red Cross:

- Keep all flammables, like paper, clothing, bedding, drapes or rugs, at least 3 feet from a space heater, stove or fireplace
- Never leave portable heaters and fireplaces unattended; turn off heaters and make sure fireplace embers are extinguished before leaving the room
- If you must use a space heater, place it on a level, nonflammable surface, like ceramic tile, not on a rug or carpet
- Keep children and pets away from space heaters
- When buying a space heater, look for models that shut off automatically if the heater falls over

### Other top causes of fire include smoking, electrical problems and candles. To minimize risks:

- Institute a "no smoking" policy in the house
- Check all cords and replace any that are frayed or have bare wires
- Switch to flameless candles
- Keep matches and lighters high and out of children's reach in a locked cabinet

### From the Holliston Lions Club

First, we'd like to thank everyone for their continued donations of eyewear. Remember, we can take all types of glasses, including non-prescription readers, sunglasses, and magnifiers. Please do not put cases into the box as we will simply throw them away! We also collect used hearing aids. Please know that your donations are always put to good use. Eyeglasses are sent overseas with mission programs and redistributed. Hearing aids are sent to Starkey Hearing and they provide us credit to help those who need hearing aids get them more affordably.

We'll also continue to collect can tabs – those pull tabs that come on soup, vegetables, and soda cans are collected by our LEO Club and they are donated to Ronald McDonald House. They convert these tabs into cash to help families who have children who are being treated for various illnesses including cancer.

We'd like to extend our thanks to everyone who participated in our lunches. The fact you took time out of your weekend to spend time with us means everything.

For those of you who are interested, we are also extending our Christmas Eve program. These meals are prepared by the Lions & Leos on Christmas Eve morning and delivered to your home on Christmas Eve afternoon. We typically provide a meal which includes roast beef, mashed potato, (gravy on the side) vegetable, rolls, juice, and a Table Talk individual pie. If you would like to have a meal delivered to your home, please make sure you contact the Senior Center on/before December 10th.

Thank you again for your participation in our events and we hope you have a wonderful Holiday season.

The Holliston Lions Club membership



### Resources For Services and Information

Holliston Pantry Shelf	<a href="mailto:info@hollistonpantryshef.org">info@hollistonpantryshef.org</a>	508-429-5392
DTA (SNAP)	<a href="https://www.mass.gov/orgs/departement-of-transitional-assistance">https://www.mass.gov/orgs/departement-of-transitional-assistance</a>	877-382-2363
Domestic Violence	Voices Against Violence	508-626-8686
211	211.org (clearing house for many resources)	211

## Holliston Senior Support Foundation presents...

### You're Irish Eyes Will Be Smiling! Shades of Ireland May 1– 10, 2024

It is going to be an incredible trip - from history-filled Dublin to the rolling green hills and dramatic coast, experience Ireland's charms on a journey through the Emerald Isle.

Optional 3-Night London Per Tour Extension

Optional 3-Night Edinburgh Post Tour Extension

**collette**  
guided by travel



### America's Music Cities September 29 – October 6, 2024

French Quarter, Jazz Revue, Grammy Museum, Graceland, Civil Rights Tour, Ryman Auditorium, Grand Ole Opry Show, Country Music Hall of Fame, and Historic RCA Studio B.

Choice on Tour: Goo Goo Cluster Candy or Johnny Cash Museum.

**Book before March 29th & save \$100 per person**



**For more information come into the Holliston Senior Center pick up a trip brochure, to sign up or call us at 508-429-0622**

### Coming to the Senior Center on Thursday, February 8th at 11am

The Pets and People Foundation strives to ease sadness, and spread joy, laughter, comfort and warmth. Pets & People Foundation was the "heart child" of the late Stanley Wald, of Newton. Stanley believed deeply in "People Therapy through Pets". Come meet one of the foundations carefully tested and certified therapy team members to help heal and bring joy to your day.

**PETS & PEOPLE**  
FOUNDATION

### TOO FIT TO FALL

#### Balance Reduction & Fall Prevention with Dr. Geena Terino

This program will focus on tips and general exercises (modifications will be included). You can also take part in a screening to determine if you are at risk for a fall.

**Wednesday February 7th at 12:30pm**

**Please call 508-429-0622 to sign up**



### Lunch and a Movie—12:00 pm Lunch and 12:30pm Movie starts.

**\$3 donation requested\* Call to sign up 508-429-0622.**

**Thursday January 25th, The Sand Lot (1993)** A summer of youthful fun goes sour for Scotty Smalls and friends when his father's prize possession - a baseball signed by Babe Ruth - ends up on the other side of a crotchety neighbor's fence.



**Thursday, February 22nd, Summer of Soul (2021)** 2022 winner of the: Oscar, BAFTA, Producer's Guild & Independent Spirit Award winner for Best Documentary, along with a Grammy for Best Music Film & numerous other awards. This music film & historical record captures a celebratory event in Black history, culture & fashion. Over the course of six weeks in the summer of 1969, (100 miles south of Woodstock), The Harlem Cultural Festival was filmed. The footage shines a light on the importance of history to our spiritual well-being & stands as a testament to the healing power of music during times of unrest, both past & present. Featuring performances by: Stevie Wonder, Nina Simone, Sly & the Family Stone, Gladys Knight & the Pips, Mahalia Jackson, B.B. King, The 5th Dimension and more.



# Recurring Programs



## Coffee and Coloring

Monday, 9:30-11:30am

Enjoy coloring and conversation.  
All supplies are provided.

## Games Day

Monday, 1:30-4:00pm

Join us for a fun time playing cribbage, dominoes and more! No experience required.



## Blood Pressure

1st and 3rd Tuesdays, 9-10am.

Join Holliston resident, Marian Nudleman, a registered nurse with over 45 years of experience for a blood pressure check.



## Coffee with Holliston Police

1st Tuesday of the month at 10am. Join Officer Hannah Ciavarra in a casual Q&A atmosphere to discuss what's on your mind and the town of Holliston. *Light Refreshments served.*



## Bingo

1st and 3rd Wednesday,  
1:00-3:00pm

Come for lunch and stay for BINGO! Have some fun playing and making new friends.

## Veterans Coffee Hour

3rd Thursday, 9:30am

MetroWest Director of Veterans Services, Sarah Bateman, will be hosting a Coffee Hour the 3rd Thursday every month at the Senior Center. All are welcome!

## Photography

Thursdays 12:30 -2:00pm

The group shares photos and learns how to improve techniques. Beginner to advanced photographers are welcomed.

## Select Chat

1st Friday, 9:30am have questions, ideas & comments about Holliston? Then you are in luck! Join:

Select Chat Clerk: Ben Sparrell, in a casual Q&A atmosphere to discuss what's on your mind and learn about what's happening in the town. *Light Refreshments served.*

## Tune Timers Band

Fridays 1:00-3:30pm. Come to the Center every Friday to listen to the Tune Timers Band. There is plenty of room for dancing, singing and socializing.



## Monthly Breakfast January 16 & February 13 at 9am

**VETERANS EAT FREE**

Join us for a delicious breakfast each month.

Thank you to the (SSF) Senior Support Foundation for underwriting the breakfasts!

**\$4.00 donation requested.**

**Please call the Center at least 2 business days in advance to sign up 508-429-0622**

**FREE BIRTHDAY LUNCH**

During the month of your birthday, sign up for one, free lunch on any regular, Monday or Wednesday weekly meal. Please sign-up at least two days in advance and let us know it's "your free birthday lunch". We are excited to celebrate your birthday with you!

Excludes special luncheons. One lunch per member, per year!

Please call 508-429-0622 to sign up

## Weekly Lunch Monday and Wednesday 12-1pm

**Check out the menu on Page 8**  
The meals are multi-course with rolls, soup or salad, an entrée and dessert!

**Please Sign up at least 2 days in advance by calling 508-429-0622**

**A \$3 donation requested.**  
Enjoy amazing service from our dedicated kitchen volunteers!

**Do you need a ride from our van?  
Call Debbie or Cynthia to schedule 508-429-0622**

## 1st Tuesday of the month at 10am.

All written pieces are welcome. Come and enjoy a morning of writing, sharing, and listening. We hope to see you there.



**January 2: A Winter Childhood Memory**

**February 6: Something I wish I had pursued, a wishful career**

**Book Group: 2nd Friday of the month at 1:30pm.** We hope to see you there.

**January 12: "The Woman in the Library" by Sulari Gentill**

**February 9: "Hello Beautiful" by Ann Napolitano**

The Holliston Public Library can help you get needed books.



**Visit our Bookstore & Good As New Shoppe:** Open daily 9-4pm with all proceeds going to the Senior Support Foundation.

**A Note from our Bookstore... Half price sale on James Patterson and Mary Higgins Clark Hardcovers for as "long as they last" in January and February in the bookstore .**

Books must have jackets and be in saleable condition (no brown spots). We cannot accept oversized coffee table books, cook books or textbooks.

**A Note from our Good As New Shop...** We accept small household items in clean saleable condition, DVDs and puzzles which must be taped closed. **We cannot take:** games, records, pictures, picture frames, VHS tapes or any type of clothing or fabric.

**Donations accepted on Tuesday & Thursday from 12-3pm for both stores with a two bag maximum.**

## Health and Exercise Classes

### Tai Chi with Robin

MONDAY, 1:30-2:30pm

Come learn the ancient art of Tai Chi! Often referred to as "meditation in motion," Tai Chi provides an internal mind-body system for improved health, balance, strength and well being. Classes begin with a meditation before beginning Tai Chi.

### Yoga with Roberta

MONDAY & WEDNESDAY, 11:00-12:00pm

Yoga is a wonderful way to stay limber and get more energy! It can stretch and strengthen all your muscles, help boost your circulation, help you get a good night's sleep AND relax and de-stress you! Roberta is a Certified Kripalu and Hatha Yoga teacher who runs the Prana Center in Holliston.

### Pilates with Joni

THURSDAY, 9:00-10:00am

Joseph Pilates describes Pilates as "a mind-body exercise that requires core stability, strength, and flexibility, and attention to muscle control, posture, and breathing". "The core consists of the muscles of the abdomen, low back and hips, and is thought to be the key to a person's stability. Pilates allows for exercises to be modified in difficulty, from beginner to advanced.

### Energy Focus Movement with Linda

TUESDAY & THURSDAY, 10:30-11:30am

Focus your energy on three cornerstones to ensure a more active life: Balance—(physical and energetic); Strength—(maintain or regain); Flexibility—(from surviving to thriving). Linda is an experienced, licensed instructor who will help you customize your moves to match your needs. Laughter is included!

### Zumba Gold with Lourdes

TUESDAY, 12:00-1:00pm

This class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. It also focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance! Come ready to sweat, and prepare to leave feeling empowered and strong. Zumba is exercise in disguise.

### Walking Fitness with Friends

WEDNESDAY, 9:30-10:30am

This is a free, group-led, walking program inside the center. Be prepared to work up a sweat while walking in place with different movements. This program provides a great cardio workout, brain power, waistline trimming, and overall fitness.

**\*A \$4 donation is requested for classes.**

## Valentine's Luncheon

Entertainment by Singer Alexandria Connolly



**Thursday, February 15th**

**12pm, \$7 donation requested**

A delicious lunch of Shrimp Scampi over Penne, Roasted Yellow Squash, Red Peppers & Brussel Sprouts, Garlic Bread, Caesar Salad, and Red Velvet Cake for dessert!

**Please call the Senior Center at sign-up by February 7th  
(508) 429-0622**

### FREE: Dementia Friendly Lunch and Learn Program

*FREE Dementia Friendly Lunch and Learn program located at the UUAC Church in Sherborn  
11 Washington Street in Sherborn*

**Friday, January 26th at 12pm :**

**Dementia LIVE sponsored by Right at Home, a local home care agency**

Dementia LIVE is a simulation experience that immerses participants into life with dementia, resulting in a deeper understanding of what it's like to live with cognitive impairment and sensory change. Please join Sandy Pellegrine, LPN and Certified Dementia Practitioner, who is also part owner of Right at Home with extensive caregiving experience.



### Pearls of Wise Women

**Wednesday, February 28th at 1pm**

Stress is the number one enemy of aging both mentally and physically. Participants will learn the affects of stress on their overall health. Participants will learn to identify stressors and manage them in their daily lives. Our stress busters include: attitude of gratitude, adaptability, life long learning, and meditation. Men, Women, LBGQT+ and all are welcomed.

RSVP Sign up at 508-429-0622

©Pearls of WiseWomen



**Friday, February 23rd at 12pm:  
Memory Loss & Mental Health**

Depression and anxiety can cause forgetfulness. Alternatively memory loss can deepen depression and anxiety. The intense demands of caregiving can also lead to stress. Self-awareness and having practical strategies to use can help. Join Sherry Ruff, MPH who is a public health professional. She has extensive experience with seniors, Neurodegenerative diseases, memory loss, as well as multicultural, multilingual, and vulnerable populations.

**RSVP required call the Senior Center to Sign up  
508-429-0622**

# National Braille Literacy Month

# January 2024

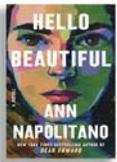
# Cervical Health Awareness Month

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Center Closed</b></p> 	<p><b>2</b></p> <p>9:00 Blood Pressure Clinic 10:00 Writers' Group 10:00 <b>Coffee with Holliston Police</b> 10:30 Energy Focus Mvmt 12:00 Zumba Gold</p>	<p><b>3</b></p> <p>9:30 Walking Fitness 11:00 Yoga 12:00 <b>Weekly Lunch***</b> 1:00 BINGO</p>	<p><b>4</b></p> <p>9:00 Pilates 10:30 Energy Focus Movement 12:00 <b>You Program (see page 12)</b> 12:30 Photography</p>	<p><b>5</b></p> <p>9:30 <b>Select Chat</b> 9:30 Friday Crafters 1:00 Tune Timers</p> <p><b>Sunday January 7th VFW Roast Beef Lunch 12pm</b></p>
<p><b>8</b></p> <p>9:30 Coloring and Coffee 11:00 Yoga 12:00 <b>Weekly Lunch***</b> 1:30 Tai Chi 1:30 Games Day</p>	<p><b>9</b></p> <p>10:00 <b>Meditation in Times of Turmoil</b> 10:00 <b>Legal Advice with Marsden Law PC ***</b> 10:30 Energy Focus Mvmt 12:00 Zumba Gold</p>	<p><b>10</b></p> <p>9:30 Walking Fitness 11:00 Yoga 12:00 <b>Weekly Lunch***</b> 1:00 COA Meeting</p>	<p><b>11</b></p> <p>9:00 Pilates 10:30 Energy Focus Movement 12:00 <b>You Program (see page 12)</b> 12:30 Photography</p>	<p><b>12</b></p> <p>9:30 Friday Crafters 1:00 Tune Timers 1:30 <b>Book Club</b></p> 
<p><b>15</b></p> <p><b>Center Closed</b></p> 	<p><b>16</b></p> <p>9:00 <b>Monthly Breakfast ***</b> 9:00 Blood Pressure Clinic 10:00 <b>Meditation in Times of Turmoil</b> 10:30 Energy Focus Movement 12:00 Zumba Gold</p>	<p><b>17</b></p> <p>9:30 Walking Fitness 10:00 <b>Hopkinton Audiology Cleaning***</b> 11:00 Yoga 12:00 <b>Weekly Lunch***</b> 1:00 BINGO</p>	<p><b>18</b></p> <p>9:00 Pilates 9:30 SSF Meeting 9:30 <b>Vet's Coffee Hour</b> 10:30 Energy Focus Movement 11:45 <b>Aging In Place Seminar*** Marsden Law</b> 12:30 Photography</p>	<p><b>19</b></p> <p>9:30 Friday Crafters 1:00 Tune Timers</p>
<p><b>22</b></p> <p>9:30 Coloring and Coffee 10:00 <b>Legal Advice with Atty Bergeron ***</b> 11:00 Yoga 12:00 <b>Weekly Lunch***</b> 1:30 Tai Chi 1:30 Games Day</p>	<p><b>23</b></p> <p>10:00 <b>Meditation in Times of Turmoil</b> 10:30 Energy Focus Mvmt 12:00 Zumba Gold</p>	<p><b>24</b></p> <p>9:30 Walking Fitness 11:00 Yoga 12:00 <b>Weekly Lunch***</b></p>	<p><b>25</b></p> <p>9:00 Pilates 9:30 <b>Java with Jay ***</b> (Zoom) 10:30 Energy Focus Movement 12:00 <b>Lunch &amp; Movie ***</b> 12:30 Photography</p>	<p><b>26</b></p> <p>9:30 Friday Crafters 12:00 <b>Dementia Friendly Lunch***</b> 1:00 Tune Timers</p> <p><b>Saturday 1/27/24 is Holocaust Remembrance Day</b></p>
<p><b>29</b></p> <p>9:30 Coloring and Coffee 11:00 Yoga 12:00 <b>Weekly Lunch***</b> 1:30 Tai Chi 1:30 Games Day</p>	<p><b>30</b></p> <p>10:00 <b>Meditation in Times of Turmoil</b> 10:30 Energy Focus Mvmt 12:00 Zumba Gold</p>	<p><b>31</b></p> <p>9:30 Walking Fitness 11:00 Yoga 12:00 <b>Weekly Lunch***</b></p>	<p><b>***RESERVATIONS ARE REQUESTED IN ADVANCE. CALL THE SENIOR CENTER AT 508-429-0622</b></p>	

**National Black History Month**

**February 2024**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>***RESERVATIONS ARE REQUESTED IN ADVANCE. CALL THE SENIOR CENTER AT 508-429-0622</b></p>			<p><b>1</b></p> <p>9:00 Pilates 10:30 Energy Focus Movement 12:00 You Program (see page 12) 12:30 Photography</p>	<p><b>2</b></p> <p>9:30 Select Chat 9:30 Friday Crafters 10:00 <b>Make Special Valentines Cards***</b> 1:00 Tune Timers</p>
<p><b>5</b></p> <p>9:00 <b>AARP Tax Service***</b> 9:30 Coloring and Coffee 11:00 Yoga <b>Zoom Only</b> 12:00 <b>Weekly Lunch***</b> 1:30 Tai Chi 1:30 Games Day</p>	<p><b>6</b></p> <p>9:00 Blood Pressure clinic 10:00 Writers' Group 10:00 <b>Coffee with Holliston Police</b> 10:30 Energy Focus Mvmt 12:00 Zumba Gold</p>	<p><b>7</b></p> <p>9:30 Walking Fitness 11:00 Yoga 12:00 <b>Weekly Lunch***</b> 12:30 <b>Fall Prevention***</b> 1:00 Bingo</p>	<p><b>8</b></p> <p>9:00 Pilates 10:30 Energy Focus Movement 11:00 <b>Pet Visit</b> 12:00 You Program (see page 12) 12:30 Photography</p>	<p><b>9</b></p> <p>9:30 Friday Crafters 1:00 Tune Timers 1:30 <b>Book Club</b></p> 
<p><b>12</b></p> <p>9:00 <b>AARP Tax Service***</b> 9:30 Coloring and Coffee 11:00 Yoga <b>Zoom Only</b> 12:00 <b>Weekly Lunch***</b> 1:30 Tai Chi 1:30 Games Day</p>	<p><b>13</b></p> <p>9:00 <b>Monthly Breakfast***</b> 10:00 <b>Legal Advice with Marsden Law PC***</b> 10:30 Energy Focus Movement 12:00 Zumba Gold</p>	<p><b>14</b></p> <p>9:30 Walking Fitness 10:00 <b>Hopkinton Audiology Cleaning***</b> 11:00 Yoga 12:00 <b>Weekly Lunch***</b> 1:00 COA Meeting <b>Happy Valentine's Day</b></p>	<p><b>15</b></p> <p>9:00 Pilates 9:30 <b>Vets' Coffee Hour***</b> 9:30 SSF Meeting 10:30 Energy Focus Movement 12:30 Photography <b>12:00 Valentine's Luncheon***</b></p> 	<p><b>16</b></p> <p>9:30 Friday Crafters 1:00 Tune Timers</p>
<p><b>19</b></p> <p><b>Center Closed</b></p> 	<p><b>20</b></p> <p>9:00 Blood Pressure Clinic 10:30 Energy Focus Movement 12:00 Zumba Gold</p>	<p><b>21</b></p> <p>9:00 <b>Podiatry***</b> 9:30 Walking Fitness 11:00 Yoga 12:00 <b>Weekly Lunch***</b> 1:00 BINGO</p>	<p><b>22</b></p> <p>9:00 Pilates 10:30 Energy Focus Movement 12:00 <b>Lunch &amp; Movie***</b> 12:30 Photography</p>	<p><b>23</b></p> <p>9:30 Friday Crafters 12:00 <b>Dementia Friendly Lunch***</b> 1:00 Tune Timers</p>
<p><b>26</b></p> <p>9:00 <b>AARP Tax Service***</b> 9:30 Coloring and Coffee 10:00 <b>Legal Advice with Atty Bergeron***</b> 11:00 Yoga <b>Zoom Only</b> 12:00 <b>Weekly Lunch***</b> 1:30 Tai Chi 1:30 Games Day</p>	<p><b>27</b></p> <p>10:30 Energy Focus Movement 12:00 Zumba Gold</p>	<p><b>28</b></p> <p>9:30 Walking Fitness 11:00 Yoga 12:00 <b>Weekly Lunch***</b> 1:00 <b>Pearl of Wise Women Stress Buster*** (Men, women, LBGTQ+, all welcomed to attend).</b></p>	<p><b>29</b></p> <p>9:00 Pilates 9:30 <b>Java with Jay *** (Zoom)</b> 10:30 Energy Focus Movement 12:30 Photography</p>	<p><b>Leap year 2024</b></p> 



## MONDAY AND WEDNESDAY LUNCH MENU

### January & February 2024

#### FREE BIRTHDAY LUNCH

Here's how it works... During the month of your birthday, you may sign up for one free lunch on any of our regular Monday or Wednesday weekly lunch days. You must sign-up in advance and tell us it's your birthday when you sign up and your lunch will be free!

(Excludes special "holiday" Luncheons. One lunch per member, per year!!),

Please call 508-429-0622 to sign up

#### Wednesday January 3

SHRIMP SCAMPI OVER LINGUINI, Cauliflower, Cesar Salad, Garlic Bread, and Sherbet

#### Monday January 8

HERB ROASTED CHICKEN, Brown Rice, Raw Carrots, Minestrone Soup, and Banana Bread

#### Wednesday January 10

BEEF CHILI W/KIDNEY BEANS, Biscuit, Peas & Carrots, Side Salad and Vanilla Cupcake

#### Monday January 15:

Closed Martin Luther King Day

#### Wednesday January 17

VEGATABLE LASAGNA, Baked Potato, Mixed Vegetables, Side Salad, and Chocolate Pudding

#### Monday January 22

TURKEY HOT DOGS, Baked Beans, Raw Carrots, Chicken Noodle Soup and Oatmeal Cookies

#### Wednesday January 24

PORK CUTLET, Rice Pilaf, Roasted Brussel Sprouts, Greek Salad and Frozen Yogurt

#### Monday January 29

CHICKEN PARM SUB, Roasted Red Potatoes, Corn, Tomato Soup and Apple pie

#### Wednesday January 31

SPAGETTI AND MEAT BALLS, Green Beans, Side Salad and Vanilla Cookies



Monday & Wednesday meals are a \$3 suggested donation and includes a beverage.

Please call the CENTER at least 2 business days in advance for reservation at 508-429-0622.

#### Monday February 5

PARMESAN ENCRUSTED CHICKEN, Mashed Potatoes, Sautéed Pepper & Onions, Spinach Salad, and Jell-O

#### Wednesday February 7

BAKED COD, Brown Rice, Cauliflower, Clam Chowder and Chocolate Cake

#### Monday February 12

BAKED STUFFED SHELLS, Rice Pilaf, Carrots, Cesar Salad, and Brownies

#### Wednesday February 14

CHICKEN SALAD SANDWICH on CHOICE OF WHITE OR WHEAT ROLL, Chips, Chicken Noodle Soup and Frozen Strawberries over pond Cake



#### Monday February 19 Closed President's Day

#### Wednesday February 21

SAUSAGE & PEPPER SUB, Sweet Potato Fries, Mixed Vegetables, Side Salad and Vanilla Pudding

#### Monday February 26

MEAT LOAF, Mashed Potatoes, Broccoli Cheddar Soup, and Fresh Fruit

#### Wednesday February 28

HAM, BAKED MAC & CHEESE, Green Beans, Side Salad, and Cookies

#### \* Delivered Meals Adjustments:

Fruit cup (not fresh).

Rolls will be white bread.

Sherbet, Ice Cream or Frozen Yogurt are substituted.

### Legal Advice with Attorney Bergeron

Attorney Bergeron provides free 15-minute legal advice through the Senior Center on the 4th Monday of the month **from 10am to 12pm via phone.**

**January 22 and February 26**

**Please sign up 2 days in advance by calling**

**508-429-0622**



### Java with Jay

(Last Thursday of the month at 9:30am)



Enjoy your morning cup of coffee and join Jay for a workshop to learn about different estate planning strategies from the comfort of your own home via Zoom! Each month will feature a different topic and a conversational Q&A. Advance registration is required for the Zoom number/link.

**January 25:** New year, new plan? When to revisit your estate plan and what changes might be seen this year

**February 29:** Blended Family Planning

**Please call the Senior Center at 508-429-0622 to sign up!**

### Can I Still Change My Medicare Plan?



Even though Medicare's Open Enrollment Period in the Fall has ended, you may still be able to change plans during 2024. Please make a SHINE appointment if you would like to discuss your situation. Below are some opportunities to change plans at this time of year:

**Exceptional Circumstances:** If you believe you made the wrong plan choice because of inaccurate or misleading information, you can call 1-800-MEDICARE to request enrollment in a different plan.

**Medicare Advantage Open Enrollment:** If you are in a Medicare Advantage (HMO or PPO) plan at the beginning of the year, a change can be made from January 1 through the end of March.

For **Prescription Advantage** members or those getting "**Extra Help**" paying for prescription drugs: You can change your Medicare Advantage plan or drug plan during the year.

**Medigap Plan:** You can enroll in a Medigap plan or switch to a different plan throughout the year. Trained SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers offer free, confidential counseling on Medicare options.

To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, call 1-800-243-4636. Once you get the SHINE answering machine, leave your name, town and number. A volunteer will call you back, as soon as possible.

### **"Aging in Place – What we should know now!"**

**Thursday January 18th  
11:45am at the Senior Center**

**MARSDEN LAW P.C.**

Are you a senior who values the comfort and familiarity of your own home? Do you wish to maintain your independence and vibrant lifestyle as you age? Join us for this exclusive "Aging in Place" seminar designed to provide great information regarding home safety, organization, and what care services are available to allow you to stay put safely!

**RSVP by calling the Senior Center at 508-429-0622 to sign up!**

**MARSDEN LAW P.C.**

### **Estate Planning & Wealth Management with Attorney Jay Marsden**

*Helping clients plan and secure their legacy for future generations*

Attorney Jay Marsden specializes in estate planning and wealth management (Wills, Trusts and Probate). He offers to meet individuals for a complimentary 30-minute consultation in person at the Senior Center.

**January 9 and February 13—10:00am** If you would like to schedule an appointment with Marsden Law P.C, please call 508-429-0622 to sign up.

### **Sign up for Free**



### **Tax Preparation & Filing**

**Appointments begin on Monday, February 5 and continue each Monday through March**

**AARP Foundation Tax-Aide volunteers will help you prepare and file your return.**

**The service is free and offered at our Senior Center. AARP volunteers are IRS certified and can help you file a complete and accurate return – both federal and state. The service is free. While AARP is focused on taxpayers who are over 50 and have low to moderate income, the service is open to anyone of any age.**

**Call the Senior Center at 508-429-0622 to schedule an appointment.**

**\* If filling jointly both parties need to be at the appointment**

**Habitat for Humanity & Senior Center Home Repair Program**

The Greater Worcester Area - Habitat for Humanity and the Holliston Senior Center are partnering in a Home Repair Program funded through the Town of Holliston's ARPA Grant. Only repairs that are focused on safety and livability will be considered.

**This is a NO COST and NO REPAYMENT PROGRAM!**



**You qualify for this program if you:**

- Need health/safety repairs to improve your quality of life
- You are low—moderate income and aged 60 or older
- You own no more than \$75,000 in total, liquid, household assets (excluding retirement funds)
- You own your home and are current on your mortgage, property taxes and insurance

Call the Senior Center to sign up for an appointment with a Habitat Coordinator (508-429-0622)

**The Senior Safe Program**



Thanks to a partnership with the Holliston Fire Department and a Senior SAFE grant; grab bars, carbon monoxide detectors and smoke detectors can be installed in the homes of older adults in our community who needs them. All items are provided at no cost. HFD Capt. John Gagnon, a licensed contractor, does the installations.

**If you would benefit from these safety devices in your home, please call the Senior Center at 508-429-0622.**

**Tax Work-Off Application Available on October 2**



Applications for the Fiscal Year 2024 Tax Work-Off Program for seniors and veterans will be available beginning October 2nd, 2023. People chosen for the program will be able to work up to 125 hours in the fiscal year and earn the state minimum wage of \$15 per hour. This money will then be applied to lowering participants' property taxes in the following fiscal year.

**Contact the town's Assessors Office to learn more.**

**Meditation in Times of Turmoil—a 4 week series**

Meditation is a wonderful way to reduce stress and anxiety in even the best of times. In these tumultuous times, it's an even more critical tool to help you reduce unhelpful thoughts and increase your capacity to handle difficult situations.

This four-week series, Roberta Weiner will teach you a new technique each week and will provide handouts and recordings so you can continue the practice on your own.

The series will include meditations for clarity and focus, as well as guided meditations to help you relax and get a good night's sleep. Sign up in advance and mark your calendar for this important class

**Tuesdays: January 9, 16, 23 & 30 from 10-11am**

**\$4 Suggested Donation**

**Take all 4 classes or Drop in when you can.**

**ATTENTION MEMBERS OF THE HOLLISTON SENIOR CENTER!!**

DO YOU HAVE A PASSION FOR TV? DOES BEING ON TELEVISION APPEAL TO YOU? HOW ABOUT BEING A PRODUCER? LEARN A NEW SKILL! KEEP READING...

HOLLISTON SENIOR CENTER & HOLLISTON HUB – HCAT ARE PLANNING TO WORK TOGETHER TO PRODUCE AND BROADCAST "WHAT'S NEW AT THE SENIOR CENTER"

**IF THIS PEAKS YOUR INTEREST AND YOU WOULD LIKE TO FIND OUT MORE DETAILS AND INFORMATION PLEASE**

Email Laura Parmensi [parmensil@holliston.k12.ma.us](mailto:parmensil@holliston.k12.ma.us)



**Holliston Hub - H C A T -**

**VFW & American Legion at the Holliston Senior Center**

**Roast Beef Luncheon Sunday January 7, 2024 at 12pm**

No Charge-Sponsored by the VFW & American Legion

Please sign up by December 29 at the Senior Center or call 508-429-0622.



**PODIATRY SERVICES**

**February 21, from 9:00—1:00**

Dr. William Cooper will take appointments at the Senior Center.

Reserve your time by calling the 508-429-0622. A fee of \$40 payable to Dr. Cooper is due at the time of your appointment. Checks should be made to Dr. Cooper. The fee for house call appointments is \$80 payable to Dr. Cooper.

**Please call 508-429-0622 to sign up**



**Wednesday, Jan 17 at 10am**

**Wednesday, Feb 14 at 10am**

Darcy Repucci, MS, CCC-A is a licensed audiologist who grew up in Hopkinton and owns Hopkinton Audiology. Hopkinton Audiology is a small private practice that has been open for 6.5 years and focuses on quality care and meeting patients' specific listening needs.

**Once again, Darcy is generously offering free hearing aid cleanings at the Senior Center!**

**Please call 508-429-0622 to sign up**

**CAN YOU HELP WITH THE COST OF THIS NEWSLETTER?**

**Do you enjoy receiving this newsletter?** We are asking for a \$15.00 donation per household to help us cover the cost of publicizing our programs. We could use your support! Please print clearly and thank you!

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

Address: \_\_\_\_\_ Town: \_\_\_\_\_ Zip: \_\_\_\_\_

Please make your check payable to The Town of Holliston and mail it or drop it off at the Holliston Senior Center, 150 Goulding Street, Holliston, MA 01746. *Thank You!*

The Holliston Senior Center, in partnership with the MetroWest Regional Transit Authority, offers Holliston Seniors low-cost, safe and reliable door-to-door transportation to medical appointments, shopping and other essential appointments Monday to Friday. To be eligible to participate in this program you **MUST be registered with the MWRTA** and set up a "fare account" before you can take your first ride. They may be reached at (508) 820-4650. Once registered, you must call the **MWRTA** at least **TWO BUSINESS DAYS** before your requested ride. **All rides are initially scheduled with the MWRTA.** Appointments must be scheduled no earlier than **9:00 AM** and must end by **3:30 PM**.

**PLEASE CALL AT LEAST 3 HOURS BEFORE SCHEDULED PICKUP IF CANCELING, OR LEAVE A MESSAGE WITH THE MWRTA THE EVENING BEFORE.**



- Rides to the Center are \$.50 each way
- In-Town rides are \$1.00 each way
- All out-of-town rides are \$2.00 each way

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<ul style="list-style-type: none"> <li>• Milford</li> <li>• Mendon</li> <li>• Hopedale</li> <li>• Upton</li> <li>• Franklin</li> <li>• Medway</li> <li>• Millis</li> <li>• Holliston</li> </ul>	<ul style="list-style-type: none"> <li>• Natick</li> <li>• Framingham</li> <li>• Ashland</li> <li>• Southborough</li> <li>• Holliston</li> <li>• Hopkinton</li> <li>• Sherborn</li> </ul>	Market Basket in Bellingham <ul style="list-style-type: none"> <li>• Milford</li> <li>• Medway</li> <li>• Mendon</li> <li>• Hopedale</li> <li>• Upton</li> <li>• Franklin</li> <li>• Medway</li> <li>• Millis</li> <li>• Holliston</li> </ul>	Market Basket in Ashland <ul style="list-style-type: none"> <li>• Natick</li> <li>• Framingham</li> <li>• Ashland</li> <li>• Southborough</li> <li>• Holliston</li> <li>• Hopkinton</li> <li>• Sherborn</li> </ul>	<ul style="list-style-type: none"> <li>• Holliston Errands and Appointments Only</li> </ul>

**Senior Center Staff (508) 429-0622**

Lisa Borchetta, Director ..... x212 ... borchettal@holliston.k12.ma.us  
 Laura Parmensi, Asst. Director ..... x218 ... parmensil@holliston.k12.ma.us  
 Debbie Dupuis, Administrative Assistant...x216.....dupuisd@holliston.k12.ma.us  
 Cynthia Listewnik, Outreach Coordinator...x211....outreach@holliston.k12.ma.us

Van Drivers

Debbie Dupuis, Ron Turcotte, Bruce Connolly, Stephen Whitermore and Scott Babitts  
 S.H.I.N.E. (Serving the Health Information Needs of Everyone) - Pegg Rowe

**Council on Aging**

**Board Officers**

Chair: Yvette Cain  
 Vice Chair: Kathy Anguish  
 Secretary: Janet Alexander  
 Treasurer: Carmen Chiango

**Members:** Lynn Bajdek, Millie Bedard, Georgia Papavasiliou

**Associate Members:** Peter Eagan

Meetings are held the second Wednesday of the month at 2:00 pm.  
 Call the Senior Center for information on joining.



**Senior Support Foundation**

The Senior Support Foundation (SSF) is a group of volunteers who raise funds to help support the seniors and Senior Center in Holliston, allowing them to offer services and programs to our Community.

**Meetings: Jan 18 & Feb 15**

**The Board Members**

President ..... Neil Svendsen  
 Vice President..... Sheila Joslin  
 Treasurer..... Larry Wise  
 Secretary..... Linda Marshall

The SSF meets the third Thursday of each month at 9:30 am at the Senior Center. All are welcome to attend.

The Holliston Senior Center would like to thank the Executive Office of Elder Affairs for their funding support of this newsletter.



**Executive Office of Elder Affairs** (EOEA)

Town of Holliston  
COA/Senior Center  
150 Goulding Street  
Holliston, MA 01746  
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HOLLISTON, MA 01746  
PERMIT NO. 07

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### Holliston Senior Center — January/February 2024



#### The Senior Center is Hiring!!

The Town of Holliston is seeking applicants for a part time van driver to drive seniors and disabled adults to appointments, grocery shopping, senior center programs, and local errands. May also deliver meals to homebound seniors

Training is provided to operate a 10-passenger bus.

To Apply: Please fill-out an application from the town website and email your application to Cheryl Houle at [houlecc@holliston.k12.ma.us](mailto:houlecc@holliston.k12.ma.us) or drop off at the town hall.



**Need a ride?  
No longer have a car?  
Looking to go shopping, to appointments or into the community more?  
Try the Senior Center van!**

Our van has weekly trips to Shaw's, Market Basket and Salon de Bella. We can get you to: your appointments, shopping, the bank, the pharmacy & more!

**Call Debbie or Cynthia for more info  
508-429-0622**

#### **The Senior Support Foundation (SSF)**

... is a volunteer organization whose primary focus is to raise funds in support of the programs, events, and activities of the Holliston Senior Center.

The SSF is an energetic group of volunteers interested in making a difference in the lives of Holliston's older adults. They are looking for additional volunteers to assist us in fundraising. You'll have a great time and make a tangible difference for others in your community. Monthly meetings are held the third Thursday of the month, at 9:30am, at the Senior Center. If interested, please call 508-429-0622.



#### **You Program**



We are unique and we are similar. Come share your unique story. Take 10 minutes to share something unique about you. Whether talking, dancing, reading, singing, or playing an instrument come share in your unique way you.

**1st & 2nd Thursdays 12-1pm**

#### **Contact Us**

Give us a call for more information about our programs, services, classes, and transportation.

Holliston Senior Center  
150 Goulding Street  
Holliston, MA 01746  
(508) 429-0622

#### **Monday through Friday**

9:00 am-4:00 pm

Visit us on the web at [townofholliston.us/senior-center](http://townofholliston.us/senior-center)

[Like us on Facebook](#)

#### **Wonderful Volunteers Needed Holliston Senior Center**

A variety of positions are available to meet your interests. We're dedicated to providing quality programs and services for Holliston's older adult residents. We offer opportunities to learn, grow and thrive while making lasting relationships. All volunteers must pass a CORI check and complete a LBGTQ+ training for the center to be welcoming place for all.