

Town of Holliston
 COA/Senior Center
 150 Goulding Street
 Holliston, MA 01746
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HOLLISTON SENIOR CENTER NEWS

Holliston Senior Center

November/December 2016



From the Director:

We sincerely appreciate the generous donations recently made to the Senior Support Foundation from: Knights of Columbus, Pulte Homes of New England, Jensen Sheehan Insurance Agency and Lions Club.

Also, many thanks to the volunteers who donated their time for the Fall Fair. We are also thankful for the local businesses who donated items for the raffle and silent auction. Please continue to support these local businesses listed on page 2. Our event was a success due to the Community's support and dedication.

We wish you a very happy and healthy holiday season and New Year.

— Jean Boulette, Director

150 Goulding Street
 Holliston, MA 01746
 508-429-0622

Senior Center Hours
 Monday—Thursday
 9:00am to 4:00pm

Friday
 9:00am to 3:00pm

Council on Aging

Board Officers
 Chair Kevin Robert (Bob) Malone **Members:** Millie Bedard, Frank Caron, Annette Hamlet
 Vice Chair.. Mark Ahronian
 Secretary .. Lois Hosmer **Associate Members:** Kay McGilvray, Sophia Dowling, Ginny Bates
 Treasurer .. Carmen Chiango

Meetings are held the second Wednesday of the month at 1:00pm at the Senior Center, see calendar for any changes.

Senior Center Staff (508) 429-0622

Jean Boulette..... Director.....x211.....boulettej@holliston.k12.ma.us
 Linda Marshall.... Outreach Coordinator....x212....marshalll@holliston.k12.ma.us
 Ginger Moody Office Manager.....x216....moodye@holliston.k12.ma.us
 Linda Sottile Program Coordinator.....x218....sottilel@holliston.k12.ma.us

Van Drivers
 Walter Baker, Connie McGaffigan, Martha "Marty" Schneier, Ellie Stackpole, Mike Westerman

S.H.I.N.E. (Serving the Health Information Needs of Elders)
 Volunteer - Sandy Dorfman

Contact Us

Give us a call for more information about our programs and classes

Holliston Senior Center
 (508) 429-0622

Visit us on the web at townofholliston.us/senior-center

Like us on Facebook

150 Goulding Street
 Holliston, MA 01746

Mon.-Thurs. 9:00am-4:00pm
 Friday 9:00am-3:00pm

Production and distribution of this bimonthly newsletter are partially funded by the State Formula Grant from the Executive Office of Elder Affairs and your generous donations.

Important Calendar Notes

The Senior Center will be closed when the Holliston Public Schools or Town Hall is closed due to inclement weather.

The Center will be **CLOSED** on the following dates:
 ♦ Friday, November 11th
 ♦ Thursday, November 24th
 ♦ Friday, November 25th
 ♦ Monday, December 26th

Closing at Noon on
 ♦ Wednesday, November 23rd

No Programs or Events the week of December 26th through December 30th

Holiday Luncheons
Informa@on.OutsideNewsle@er

Thanksgiving Luncheon
 November 16, 2016

Policeman's Luncheon
 December 5, 2016

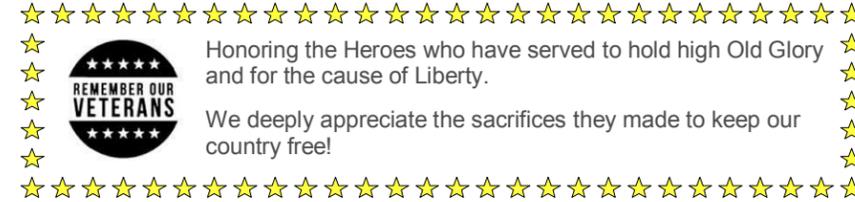
Holiday Luncheon
 December 14, 2016

VFW Roast Beef Dinner
 January 8, 2017

Please register in advance for all Holiday Luncheons

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Every **VOTE** Counts

Election Day - Tuesday, November 8th
Early Voting-Town Hall - Saturday
October 29th 9am-Noon

If you need a ride for voting on either day, you can call the Senior Center at (508)429-0622, at least 2 days prior to voting. Residents of Cole Court and Mission Springs will also have sign-up sheets posted in their buildings.

**MetroWest Veterans' Services Hosting Breakfast
Tuesday, November 8th at 8:00 am**

All Veterans will eat for free and those that come with a Veteran will also eat for free. The guest does not need to be related and it applies to Veterans of any era (war-time or peace-time). Please limit one guest per veteran. If you are the spouse of a deceased Veteran, please join us and enjoy breakfast at no charge.

After the breakfast, the Veterans' Services Staff will be available to answer questions after a brief presentation. Veterans are encouraged to bring a copy of their "Discharge" papers as benefits may vary depending upon when you served. Please sign up in advance by calling (508) 429-0622.



**Special Thank You to all the Donors
and Sponsors
THANK YOU!**

HOLLISTON

- Bazel's Pizza
- Bertucci's
- Candy Cottage
- Coffee Haven
- Debra's Flowers
- Dunkin Donuts
- Elegante' Nails
- En-R-Gy Saver
- Fiske's General Store
- G. Falzon & Company
- Holliston Jewelers
- Holliston Meadows Pet Resort
- Holliston Oil Service
- Holliston Sewer Service
- Holliston Superette
- Holliston TrueValue Hardware
- John's Shoe & Boot Repair
- Nick's Central Garage
- Pinecrest Golf Club
- Salone de Bella
- Table Top Pizza
- The Henry Studio
- Timothy Daniels House
- MacArthur Farm
- Arcadia Farm
- Outpost Farm

ASHLAND

- Shaw's Supermarket
- Residence at Valley Farm
- TJ's Food & Spirits

BELLINGHAM

- Barnes & Noble
- Home Depot
- Market Basket
- Regal Cinemas Bellingham 14
- Walmart

FRAMINGHAM

- Fun & Games

MEDWAY

- Medway Gardens
- Muffin House
- Shaw's Supermarket
- Starbucks

MILFORD

- Acapulco's
- Milford Mandarin
- Stop & Shop

MILLIS

- Roche Bros.

NATICK

- Home Instead Senior Care
- Roche Bros.

SUDBURY

- Always Best Care Senior Services



**Thanksgiving Luncheon
Entertainment Provided by
Shane Wood Trio**

Funded by: Holliston Cultural Council Grant

**Wednesday, November 16, 2016
12:00 pm - 2:00 pm**

Please call by November 10th to sign up.

A \$7 donation is requested. Must be paid in advance.

Holiday Luncheon

Entertainment Provided by
The Tune Timers



**Wednesday, December 14, 2016
12:00 pm - 2:00 pm**

Please call by December 7th to sign up for a
delicious Italian meal with yummy pastries
and music to follow.

A \$7 donation is requested. Must be paid in advance.

**Holliston Police Association
Annual Holiday Luncheon**

**Monday, December 5, 2016 at 12:00 pm
No Charge**

A very special "THANK YOU" to our amazing
Police Department who always host this
fantastic meal.

Please bring a non-perishable item to help
those in need during the Holidays.

Be sure to sign up early by calling the Center
as the luncheon always fills up fast!



**FUN! 39TH ANNUAL
CRAFT FAIR**

**November 20th, 2016
9am-3pm**

Come and shop from a wide selection of HANDMADE crafts
from New England artisans. Enjoy delicious refreshments,
scrumptious baked goods and get a start on your holiday
shopping list!

Holliston High School
370 Hollis Street
Holliston, MA 01746

Adults \$6 Seniors \$3
Kids under 12 FREE
Bring a non-perishable food
item for donation to the
Holliston Family Shelf and
receive \$1 off admission
Maximum \$1 discount per person



The Senior Center thanks the Newcomers for their caring and
generosity to Holliston seniors.

**VFW and American Legion
Annual Roast Beef Luncheon**

**Sunday, January 8, 2017 at 12:00 pm
No Charge**

The Holliston VFW and American Legion will be
hosting their annual roast beef dinner at the Senior
Center.

This wonderful luncheon fills up fast, so please call
the Center and reserve your seat.

Please bring a non-perishable item to the Center to
help those in need.

PEARL HARBOR DAY BREAKFAST FOR VETERANS

Sponsored by the Holliston VFW and American Legion
Wednesday, December 7, 2016— 8:00am—No Charge
To be held at the Senior Center
Please call the Senior Center to Register (508) 429-0622

SHINE

**Remember Open Enrollment Continues Until December 7, 2016
(Effective January 1, 2017)**

This is the only time drug plans, Medicare Advantage plans, and Medigap plans can be changed. If you are in an HMO, your drug plan is included and you cannot get a separate Plan D. Please, with Medigap Plans (example is BCBS Medex Bronze), have a separate PRESCRIPTION DRUG PLAN.

Do not assume that the drug plan for 2017 will be the same as 2016. Most plans make changes in the formulary (drugs offered) or cost of drugs or monthly payment.

They assume clients will NOT read the information they send. If you need assistance, call the Senior Center and make an appointment with Sandy Dorfman, SHINE Counselor. The receptionist makes all appointments.

OUTREACH CORNER BY LINDA MARSHALL

At this time of year it is important to remember those who are isolated or struggling. If you know someone who is, please let me know so we can help make the season a little brighter for them. I would like to wish all of you a wonderful Thanksgiving, a Happy Hanukkah, and a Merry Christmas!

VAN SERVICE

Van service is available Monday through Friday according to the schedule below. You must call the MWRTA call center at 1-508-820-4650 to schedule all rides. **You must also be registered with the MWRTA before you can take your first ride.** Appointments must be scheduled no earlier than 9:00 am and must end by 3:30 pm.

Rides to ALL Holliston Senior Center Programs are now available every day (Monday through Friday).

Monday	Milford, Mendon, Hopedale, Upton, Franklin, Medway, Millis, and Medfield
Tuesday	Natick, Framingham, Ashland, Southborough, Hopkinton, Holliston
Wednesday	Morning---Milford and Medway appointments only Afternoon---Milford, Mendon, Hopedale, Upton, Franklin, Holliston, Medway, Millis, and Medfield 8:15am —Grocery shopping in Bellingham
Thursday	Natick, Framingham, Ashland, Southborough, Hopkinton, and Holliston 11:00am —Grocery shopping in Ashland
Friday	Holliston errands and appointments

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.

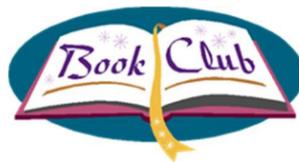
If you have questions or need more information, please call Linda Marshall at the Center (508) 429-0622

TRANSPORTATION CHANGES AND NEW SERVICE

We are delighted to announce that the MWRTA is now offering fixed bus route service in Milford. The start and end point is at Mission Springs. You can connect to the new Route 14 service via the Route 6 bus or you can arrange a ride to Mission Springs with us by calling the MWRTA at 508-820-4650. Bus schedules are available at the Senior Center.

With the new fixed route service in Milford, we are discontinuing our Tuesday errand service to Milford and encourage you to take advantage of the new fixed route service.

We are adding a new grocery shopping opportunity on Thursdays at 11:00 am to Market Basket or Shaw's in Ashland.



Are you always reading a book? Do you love visiting the library or the bookstore? Or maybe you want to explore new ideas and adventures? Come explore the joy of reading at the Holliston Senior Center's new Book Club.

Join Kristina Carey, librarian and avid reader, for conversation and connections. We will be meeting on the third Tuesday of the month starting in January 2017. Stay tuned for more information coming soon.



**Podiatry Clinic
9:00 am—11:00 am
Wednesdays, November
9th and December 14th**

Dr. Cooper will be at the Senior Center on the above dates with scheduled appointments starting at 9:00 am.

Make your appointment by calling the Center at (508) 429-0622.

The fee of \$35.00 is due at the time of your appointment, and checks must be made payable to Dr. Cooper.



Coffee & Coloring

Join us for relaxing adult coloring.

This is a great way to unwind. All supplies are provided.

Mondays
9:30-10:30 am

Free Drop-In
Classes



REMINDER
Set clocks back and change your batteries on November 6th



Lunch & A Movie - 11:45 am

November 3rd

A Walk in the Clouds-PG13

A married soldier returning from WW2 poses as a pregnant woman's husband to save her from her father's anger and honor.

December 15th

A Christmas Story—PG

In the 1940s, a young boy named Ralphie attempts to convince his parents, his teacher, and Santa that a Red Ryder B.B. gun really is the perfect Christmas gift.

**A \$4 donation for lunch is requested.
Please sign up in advance.**

FALL PREVENTION

Patty Osten, PT

Drop-In classes continue through December 21st
Every Wednesday 2:30-3:30pm



Any age can participate in this FREE class that focuses on falls and fall-related issues that impose a significant public health burden for older residents and on the health care system that treats them.

Sponsored through grant funds provided by the Executive Office of Elder Affairs

Craft Class

We will be having a holiday craft class on Tuesday, November 15th at 10 AM. Please join Linda and learn to make a lovely holiday wreath or arrangement. All supplies will be provided. When signing up, please specify if you will be making a wreath or arrangement. Cost is \$5.00.

Fuel Assistance

Are you concerned about paying your heating bills this winter? If your income is below \$34,000 for a single person, or less than \$44,643 for 2 people, you may be eligible for help. This program is available for both homeowners and renters. The Senior Center will assist any resident of Holliston with this application, not just seniors. For more information, or to set up an appointment, please call Linda Marshall at the Senior Center.

**Attorney Arthur Bergeron presents
ASSET PROTECTION vs TAX AVOIDANCE vs PROBATE AVOIDANCE**

Thursday, November 10, 2016 - 1:00 pm

Is it possible to have it all? And, if not, how do you pick and choose? Attorney Arthur Bergeron will use real-life examples to explain how seniors can evaluate the tradeoffs often faced in emergency situations.

*Please Register in Advance by calling (508) 429-0622
There is no cost for this presentation.*

Monthly Programs

Please see Calendar for Dates (NO CLASSES OR PROGRAMS DECEMBER 27-30)



Photography

Thursdays—12:30 pm
Instructor: Carmen Chiango
Join the class and share ideas, photos, and learn how to improve techniques. Beginner and advance photographers are welcome.

Quilting

Friday, November 4 & 18
Friday, December 2 & 16
9:30-11:30 am

Instructor: Kathryn LeBlanc
\$4.00 Donation Requested
Our wonderful and talented quilters come together and welcome new quilters to join them to share ideas, tips, and instruction.



Writers' Group

1st Tuesday—10:00-Noon
Instructor: Lois Hosmer
The Writers' Group meets the first Tuesday of each month in the classroom at 10:00 am. Our suggested topics for November and December are "An Alternate Career Choice" and "Christmas Now and Then." All pieces are welcome. Come and enjoy a morning of listening, talking, and writing. See you there.

Pool Tournament

1st & 3rd Tuesday
4:00-8:00 pm

This group meets twice a month in the pool room at the Holliston Senior Center. Everyone is welcome. Refreshments will be served.

Monthly Breakfast

Tuesdays, November 8th and December 13th
8:00 am
\$3.00 Donation Requested
Vets Eat Free-Everyone Welcome

Start your day with a smile and a hot cup of coffee! The guys will be in the kitchen cooking up bacon, eggs, pancakes and toast. Please sign up in advance.



Manicures

9:00 am-12:00 pm
\$10.00 Fee

Please call to sign up. Lauren, licensed manicurist with 20 years experience, will be at the Center on **November 21st and December 12th.** The manicure includes cut, shape, cuticle removal, hands-soak, massage, and polish.

Chair Massage with Robin Pease, LMT

Tuesdays November 8th & December 13th
10:15 am-12:15 pm
Fees \$1.00/minute
(5 minute minimum)

Robin will be at the Center to offer Chair Massages. Please call to sign up for your massage!



Watercolor

Thursdays—10:00-12:00 pm
\$4.00 Donation Requested
Instructor: Ed Clinton
Everyone is welcome, from beginners to experienced artists. So please come to class and express yourself.



Legal Hour with Jay Marsden, Elder Attorney

Tuesdays, November 15th and December 13th
10:00 am
15-Minute appointments
You must sign up in advance.

Bingo

Wednesdays
November 2nd & 9th, and December 7th & 21st
1:00 pm-3:00 pm

Come for lunch and stay for Bingo! Have some fun playing bingo, making new friends, and enjoying a cup of coffee and cookies during intermission.

Tune Timers Band

Fridays—1:00-4:00 pm
\$3.00 Donation Requested

Come to the Center every Friday to listen to the Tune Timers Band. There is plenty of room for dancing and singing. A fun-filled afternoon is guaranteed. Refreshments will be served.

Happy Birthday Lunch



If your birthday is during the month of November or December, you are invited to join us for a FREE lunch. We will be celebrating November birthdays on Monday, November 14th, and December birthdays on Monday, December 12th. Please sign up in advance.

SECURITY WARNING—PLEASE BE AWARE!

MEDICARE, SOCIAL SECURITY, AND THE IRS **WILL NOT CALL YOU!** These are fraudulent calls. If you have caller ID, do not pick up. If you answer and they say it is one of these agencies, hang up IMMEDIATELY!



Day Trips

See the Facebook page (Holliston Senior Center) or the Center's website (www.townofholliston.us/senior-center) for new trips. Call Ginger at the Center for updated info or help.

November 17, 2016—**The Silver Sizzle Review**, Luciano's Lake Pearl —\$89 per person
Includes transportation, luncheon and show.

This show features performances by former Radio City Music Hall Rockettes along with great comedy.

November 15, 2016—**Twin River Casino**—\$15 per person
Transportation to and from the Senior Center. If you need us to pick you up, please call Ginger at (508) 429-0622.

December 6, 2016—**Festival of Trees**—\$10 per person
At the Gardens, Elm Bank Wellesley. Massachusetts Horticultural Society's Festival of Trees and Snow Village. Trip includes ticket and transportation. Lunch will be on your own at Heritage of Sherborn.

FREE PRIVATE CONSULT with Attorney Jay Marsden

Call the Senior Center to schedule your 15 minute free consultation.

Be sure to arrive early and have your questions ready. Each appointment is strictly 15 minutes. If you need additional time you will have to schedule a follow-up with Attorney Marsden.

Not Without Sight

Monday, November 14th 1:00 pm-2:00 pm
Sponsored by: Massachusetts Commission for the Blind

What is legal blindness? Leading causes of blindness? How do you recognize vision loss? MCB services? Low vision aids? Guidelines for working with blind people?

Join us for information on these and other questions. Please call to reserve a space.
(508) 429-0622

WWII MUSEUM TOUR FOR VETERANS

Sponsored by: Holliston VFW & American Legion
Saturday, December 3rd—9:30 am

All Veterans can enjoy a free tour of the WWII Museum at 8 Mercer Road, Natick. Please meet at the museum at 9:30 am.

Call Stan Feinberg to sign up at (508) 308-1259

Kitchen Volunteers Needed

We are looking for a couple of volunteers to help in the kitchen at the Center. The hours will be 11:30 am to 1:00 pm, Monday and/or Wednesday. This is a great way to meet new people, get out of the house during the winter months, and make a difference. We guarantee that you will love helping!

Please give Ginger a call at (508) 429-0622.

Holliston High School Play & Dinner—Legally Blonde

Wednesday, November 16, 2016 at 5:30 pm (No Charge)

Join the Holliston High School for their dress rehearsal of Legally Blonde, the Musical, and the National Honor Society for dinner at the High School. Dinner will begin at 5:30 and the Play will start at 6:30. Please be sure to sign up in advance by calling the Senior Center at (508) 429-0622.

HOLLISTON SENIOR CENTER LUNCH MENU – NOVEMBER & DECEMBER 2016

Wednesday, November 2nd Tossed Salad, Chicken Pot Pie, Mashed Potato, Vegetable, Rolls, Pudding with Whipped Cream	Monday, December 5th—POLICEMAN'S LUNCHEON*** See newsletter for more details.
Monday, November 7th Cheddar Broccoli Soup, Roast Pork, Baked Potato, Gravy, Vegetable, Rolls, Apple Pie with Whipped Cream	Wednesday, December 7th Tossed Salad, Beef Stew with Biscuits, Vegetable, Rolls, Cookies
Wednesday, November 9th Caesar Salad, Chicken Parmesan, Pasta, Vegetable, Rolls, Brownies	Monday, December 12th—HAPPY BIRTHDAY LUNCH Chicken Soup, Baked Stuffed Chicken, Rice Pilaf, Vegetable, Rolls, Tapioca Pudding with Whipped Cream
Monday, November 14th—HAPPY BIRTHDAY LUNCH Vegetable Soup, Baked Ham, Mashed Sweet Potato, Vegetable, Rolls, Cake	Wednesday, December 14th—HOLIDAY LUNCHEON *** See newsletter for more details.
Wednesday, Nov. 16th—THANKSGIVING LUNCHEON*** Roast Turkey w/Gravy, Mashed Potato, Stuffing, Butternut Squash, Peas, Cranberry Sauce, Rolls, Apple & Pumpkin Pie	Monday, December 19th Vegetable Soup, Baked Scrod, Rice, Vegetable, Rolls, Jello with Whipped Cream
Monday, November 21st Tortilla Soup, Make-Your-Own Tacos, Rice, Corn, Rolls, Cookies	Wednesday, December 21st Caesar Salad, Chicken a la King over Biscuits, Mashed Potato, Vegetable, Rolls, Cake
Monday, November 28th Tossed Salad, Spaghetti & Meatballs, Vegetable, Garlic Bread, Brownies	
Wednesday, November 30th Chicken Noodle Soup, Roasted Chicken, Roasted Potato, Vegetable, Rolls, Cupcakes	

Partially underwritten by a State Grant from the Office of Elder Affairs

PLEASE SIGN UP AT LEAST 2 DAYS IN ADVANCE - Call Center at (508) 429-0622 for reservations.

Meals are a \$4 donation and include a drink, roll and butter (unless noted).
***Birthday Lunch—no charge if born in November or December. Reserve in advance.**

Exercise Programs NO CLASSES OR PROGRAMS DECEMBER 27-30



Yoga

Mondays and Wednesdays - 11:00 am—12:00 pm

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

Zumba Gold

Tuesdays - 12:30 pm—1:30 pm

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

Therapeutic Chi Gong

Tuesdays - 1:30 pm—2:30 pm with Linda Bellefeuille

It should come as no surprise that recent studies continue to confirm the beneficial health-promoting results for older adults that can be attained from the regular practice of a *Mindfulness-Based Stress Reduction (MBSR)* program such as Therapeutic Chi Gong. This is especially true in the area of mental and emotional outlook and enhanced cognitive function. Does it sound like it's worth a try? Comfortable clothing is suggested.



Energy Focus Movement

Tuesdays and Thursdays - 10:30 am—11:30 am

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 Bellefeuille is an experienced, licensed and certified instructor who will help you customize your moves to match your needs. Laughter is included! Come sign up, love it and make it a great part of your week.

Pilates

Mondays and Wednesdays - 9:30 am-10:30 am

Allie Barrett will guide and help you improve your strength, balance and circulation through a whole-body workout of every level and fitness.



Line Dancing

Fridays - 10:00 am—11:00 am with Manny Correia

Laugh and exercise at the same time! Meet new friends and learn to dance. A partner is not required.

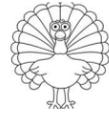


Walking Club with Sheila Joslin (Weather Permitting through the Winter)

Tuesdays and Thursdays - 8:30 am-10:00 am—No Charge

This group walks twice a week at the Fatima Shrine (meet in parking lot), so plan on walking with new, fun people each week.

A \$4.00 donation is requested for all exercise classes (except Walking Club).



November 2016

"The Senior Center is the Place To Be..."



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 8:30 Walking Club 9:00 Blood Pressure 10:00 Writers' Group 10:30 Energy Focus Movement 12:30 Zumba Gold 1:30 Chi Gong 4:00 Pool Tournament	2 9:30 Pilates 12:00 Lunch*** 1:00 Bingo 2:30 Falls Prevention	3 8:30 Walking Club 10:00 Watercolor 10:30 Energy Focus Movement 11:45 Lunch & A Movie*** 12:30 Photography Class	4 9:30 Quilting 10:00 Line Dancing 1:00 Tune Timers
7 9:30 Coloring & Coffee*** 9:30 Pilates 12:00 Lunch***	8 8:00 Monthly Breakfast 8:30 Walking Club 9:00 Blood Pressure 10:15 Chair Massage*** 10:30 Energy Focus Movement 12:30 Zumba Gold 1:30 Chi Gong	9 9:00 Podiatry Clinic*** 9:30 Pilates 11:00 Yoga 12:00 Lunch*** 1:00 Bingo 2:30 Falls Prevention	10 8:30 Walking Club 10:00 Watercolor 10:30 Energy Focus Movement 12:30 Photography Class 1:00 COA Board Meeting 1:00 Atty: Bergeron Asset Protection***	11 CLOSED VETERAN'S DAY
14 9:30 Coloring & Coffee*** 9:30 Pilates 11:00 Yoga 12:00 Lunch*** 12:00 Happy Birthday Lunch*** 1:00 Not Without Sight***	15 8:30 Walking Club 9:00 Blood Pressure 10:00 Craft Class*** 10:00 Legal Hour*** 10:30 Energy Focus Movement 12:30 Zumba Gold 1:30 Chi Gong 4:00 Pool Tournament ***TWIN RIVER DAY TRIP***	16 9:30 Pilates 10:00 Senior Support Foundation Meeting 11:00 Yoga 12:00 Thanksgiving Luncheon with Shane Wood Trio*** 2:30 Falls Prevention	17 8:30 Walking Club 10:00 Watercolor 10:30 Energy Focus Movement 12:30 Photography Class ***SILVER SIZZLE REVIEW DAY TRIP***	18 9:30 Quilting 10:00 Line Dancing 1:00 Tune Timers
21 9:00 Manicurist*** 9:30 Coloring & Coffee*** 9:30 Pilates 11:00 Yoga 12:00 Lunch***	22 8:30 Walking Club 9:00 Blood Pressure 10:30 Energy Focus Movement 12:30 Zumba Gold 1:30 Chi Gong	23 9:30 Pilates 11:00 Yoga CLOSED AT NOON	24 CLOSED	25 CLOSED
28 9:30 Coloring & Coffee*** 9:30 Pilates 11:00 Yoga 12:00 Lunch***	29 8:30 Walking Club 9:00 Blood Pressure 10:30 Energy Focus Movement 12:30 Zumba Gold 1:30 Chi Gong	30 9:30 Pilates 11:00 Yoga 12:00 Lunch*** 2:30 Falls Prevention	*** Reservations are Requested in Advance.	



December 2016

"The Senior Center is the Place To Be..."



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*** Reservations are Requested in Advance.			1 8:30 Walking Club 10:00 Watercolor 10:30 Energy Focus Movement 12:30 Photography Class	2 9:30 Quilting 10:00 Line Dancing 1:00 Tune Timers
5 9:30 Coloring & Coffee*** 9:30 Pilates 11:00 Yoga 12:00 Holliston Policeman's Luncheon***	6 8:30 Walking Club 9:00 Blood Pressure 10:00 Writers' Group 10:30 Energy Focus Movement 12:30 Zumba Gold 1:30 Chi Gong 4:00 Pool Tournament ***FESTIVAL OF TREES DAY TRIP***	7 8:00 Pearl Harbor Day Breakfast For Veterans*** 9:30 Pilates 11:00 Yoga 12:00 Lunch*** 1:00 Bingo 2:30 Falls Prevention	8 8:30 Walking Club 10:00 Watercolor 10:30 Energy Focus Movement 12:30 Photography Class	9 10:00 Line Dancing 1:00 Tune Timers
12 9:00 Manicurist*** 9:30 Coloring & Coffee*** 9:30 Pilates 11:00 Yoga 12:00 Lunch*** 12:00 Happy Birthday Lunch***	13 8:00 Monthly Breakfast 8:30 Walking Club 9:00 Blood Pressure 10:00 Legal Hour*** 10:15 Chair Massage*** 10:30 Energy Focus Movement 12:30 Zumba Gold 1:30 Chi Gong	14 9:00 Podiatry Clinic*** 9:30 Pilates 11:00 Yoga 12:00 Holiday Lunch with the Tune Timers Band*** 2:30 Falls Prevention	15 8:30 Walking Club 10:00 Watercolor 10:30 Energy Focus Movement 11:45 Lunch & A Movie*** 12:30 Photography Class 1:00 COA Board Meeting	16 9:30 Quilting 10:00 Line Dancing 1:00 Tune Timers
19 9:30 Coloring & Coffee*** 9:30 Pilates 11:00 Yoga 12:00 Lunch***	20 8:30 Walking Club 9:00 Blood Pressure 10:30 Energy Focus Movement 12:30 Zumba Gold 1:30 Chi Gong 4:00 Pool Tournament	21 9:30 Pilates 10:00 Senior Support Foundation Mtg. 11:00 Yoga 12:00 Lunch*** 1:00 Bingo 2:30 Falls Prevention	22 8:30 Walking Club 10:00 Watercolor 10:30 Energy Focus Movement 12:30 Photography Class	23 10:00 Line Dancing 1:00 Tune Timers
26 CLOSED	27 NO PROGRAMS OR EVENTS	28 NO PROGRAMS OR EVENTS	29 NO PROGRAMS OR EVENTS	30 NO PROGRAMS OR EVENTS