



# HOLLISTON SENIOR CENTER NEWS

Holliston Senior Center

March/April 2023

## Director's Message – March/April 2023

*Change is a constant, the symbol of re-birth, the egg of the Phoenix. – Author unknown*

Everything is always, at every second, changing. One of the most welcomed seasonal changes here in New England is the arrival of Spring! It's our annual reminder that light follows the dark, that warmth follows the cold and that on this great blue marble, life means change, and change is found everywhere all the time – but is particularly noticeable with the arrival of Spring. And with Spring... comes the promise of longer, warmer, lighter days to come. Growing up, spring often went hand-in-hand with "spring-cleaning" and a sense of anticipation and preparation for something lighter, easier and more exciting. In my house, that meant taking out storm windows, more time spent outdoors, shuffling sweaters to cedar chests and tending flower beds – among other things. It was a time of preparation, a shifting from cold to warm, from dark to light, from indoor to outdoor and at least symbolically from challenging to relaxing...



As you look ahead to Spring what new items are on your agenda? Perhaps it's a good time to connect or reconnect with someone who brightens your day, or whose day you can brighten. Maybe you feel like doing a little spring cleaning – whether that means: emptying out some bookshelves, having a friend or family member assist you with decluttering a forgotten closet, bringing old papers to be shredded or any number of potential "clearing" tasks. It could even mean you've decided to join one of the many exercise groups at the Holliston Senior Center to help you stretch and strengthen after a sedentary winter. Maybe you call someone who you haven't spoken to in a while, read a new book, enjoy the warmth of the sun on your back deck, take a class in a subject that always intrigued you ... who knows really, the possibilities are many.

Maybe it simply means that Spring always offers an opportunity to enjoy a little bit more light, a little bit more warmth, a little bit more: sunshine and flowers, blue skies and music or just another opportunity to enjoy the idea of beginning anew. May you blossom this spring, share your beauty with those around you and bask in the warmth and possibility of a new day.

Happy Spring!  
Enjoy...

Lisa  
Lisa S. Borchetta, Director—Holliston Senior Center

### Important Calendar Notes

The Center will be CLOSED  
April 17, 2023—Patriots Day

To find out if the Senior Center is closed for snow, check if Holliston Public Schools are closed on your local news. We are closed when the schools are closed!

**NOTE**  
All events are subject to change if COVID Guidelines change.

150 Goulding Street  
Holliston, MA 01746  
(508) 429-0622  
Senior Center Hours  
Monday—Thursday

Would you like our newsletter sent to you via email?

???

If yes, email Debbie  
dupuisd@holliston.k12.ma.us



**LGBTQ+  
FRIENDLY**



### SIGN UP FOR FREE TAX PREPARATION AND FILING!

AARP Foundation volunteers can help you prepare and file your return. The service is free and offered here at the Senior Center.

Our volunteers are trained and can help you file complete and accurate federal and state returns. While the program is focused on taxpayers who are over 50 and low to moderate income, it is open to anyone of any age.

**Appointments  
continue each Monday  
through March 27th!**

Call our Center at 508-429-0622 for an appointment. They fill up quickly!



### Celtic Celebration with Davis Bates & a Traditional St. Patrick's Day Lunch

**Wednesday, March 8th  
12:00 PM, \$7 donation requested**

**Join us for a Celtic Celebration**  
We will be serving a traditional boiled dinner with Corned Beef and Cabbage followed by a tasty dessert!



A BIG thanks to the Holliston Cultural Council, our local agency supported by the Massachusetts Cultural Council - for sponsoring Davis's performance for us! You must sign up in advance by calling the Senior Center at 508-429-0622. Be sure to reserve your spot by March 2nd!!  
*Seats fill up quickly!*

## LUNCH AND A MOVIE

\$3 DONATION REQUESTED\* PLEASE CALL 508-429-0622.



THURSDAY, MARCH 30TH AT 12:00—SIGN-UP BY MARCH 17TH  
**"The Age of Adaline" PG13—2015—Drama—1 hr. 50 min.**

A young woman, born at the turn of the 20th century, is rendered ageless after an accident. After many solitary years, she meets a man who complicates the eternal life she has settled into.



THURSDAY, APRIL 27TH AT 12:00 PM \* SIGN UP BY APRIL 21ST  
**"The King and I" - G—1956—Musical—2 hrs. 13 min.**

Based on the Broadway musical by Rodgers and Hammerstein, a Victorian widow travels to Siam to teach the royal children but ends up having to balance Western cultural traditions with the norms and customs of another proud and vibrant kingdom.

### **"DEMENTIA FRIENDLY LUNCH AND LEARN"**

**Location:** UUAC Church Conference Room —11 Washington Street in Sherborn. Transport available through Holliston van.

**RSVP is Required — call 508-429-0622, and please tell us if you need a ride!** Lunch is provided for FREE.

**Effective Communication Strategies Date:** Friday, March 31st at 12pm, Guest speaker, Julie McMurray, MA, LMHC, CDP Sr. Mgr. for the Alzheimer's Association— Join us to explore how communication changes when someone is living with memory loss. Learn how to interpret verbal and non-verbal changes in communication and identify strategies to help communication at each stage of memory loss.

### **Quieting the Mind**

**Date:** Friday, April 28th at 12pm,  
 Guest speaker, Laila Vehvilainen, MS, MPH, CPT Geriatric Case Manager for JFS and Fitness Specialist Quieting the mind can have a big impact on your life. When your mind and body are calm, you are able to function properly. Whether caring for a loved one or caring for yourself, Please join us for a discussion and demonstration.

*This program is made possible through the generous funding from the Bay State Federal Charitable Foundation.*

## **Creating Creative Collaboration, An Intergenerational Program with Miller Elementary School & The Holliston Senior Center**

We are thrilled to announce an exciting, new intergenerational program with older adults from the Holliston Senior Center and a wonderful class of fourth grade students from Miller Elementary School. All seniors who sign up will be paired with an elementary student to create a small project that bridges the generational divide.

This collaborative project will focus on cherished and joyful moments, important places, positive childhood experiences and challenges overcome.



### **RESCHEDULED SEE NEW DATES!!!**

**"Creation Sessions" will be held at Miller Elementary School on the following Tuesdays from 12:30pm to 1:45. (Seniors will leave at 2pm, after school dismissal)**

**\*Tuesday, March 14th**

**\*Tuesday, March 21st**

**\*Tuesday, March 28th**

**The Final Showcase where everyone will present what they made with their Elementary "teammates" will be held on**

**Monday, April 24th, from 9:30 to 11:00am**

**at the Holliston Senior Center.**

*All adults will need to have a CORI check thru the school prior to going to Miller Elementary School. Please note you must attend all sessions & the Final Showcase.*

*Call the Senior Center for more information or to sign-up:  
 508-429-0622*

*Light refreshments will be served.*

## **3 Great Ways to Meet Someone New and Learn Something New!**



### **1. "Select Chat"**

*First Friday every month from 9:30am to 10:30am*  
 Have a cup of coffee with Select Board Chair, Ben Sparrell to share your thoughts about Holliston. Feel free to bring your ideas and suggestions to the table!

### **2. "Veterans Coffee Hour"**

*Third Thursday every month from 9:30am to 10:30am*  
 MetroWest Director of Veterans Services, Sarah Bateman, will be hosting a Coffee Hour where you can ask questions, learn about new programs and share stories. All are welcome!



### **3. "Coffee with the Holliston Police"**

*First Tuesday of the month from 2:00pm to 3:00pm*  
 Sergeant Remkus and Officer Ciavarra are here to answer your questions and fill you in on the current happenings around town! Please bring a topic you would like to discuss.

Call the Senior Center to sign up for any of these "chat events" at 508-429-0622.

## JOIN THE GARDEN COMMITTEE!!!

The Garden Committee is looking for volunteers this spring and summer. We need your help with: preparing the garden soil, planting herbs and vegetables and a watering crew to keep our plants happy and growing during the summer months!

Produce raised goes to support our lunch program and is offered free to center members when a surplus is available. Our lovely, (mostly) raised gardens are easy on the back and knees and a pleasure to work with! This is our sixth season!

Come grow with us!

Call (508) 429-0622 for info &/or to join.



**Michael R. Cassidy**

**Fire Chief & Emergency Management Director**



### **Spring Fall Prevention Tips for Older Adults**

After a particularly cold and wet winter, the transition between winter and spring can be very challenging for older adults. In fact, due to the limited opportunities for physical activity caused by the long winter months, it is not uncommon for seniors to experience an increased risk of falling when spring begins.

**Fortunately, these 5 steps can help decrease the likelihood of experiencing a fall this spring.**

1. **Strength Training** – To rebuild your strength, start off with 15 minutes of daily simple exercise (walking, swimming, gardening) and increase the time slowly.
2. **Visit the Doctor** – Studies have found that poor vision and hearing are top physical factors that can lead to a fall. We recommend scheduling a wellness checkup near the beginning of spring.
3. **Eat Like Popeye** – A diet rich in vegetables and calcium will help you build muscle and strengthen your bones.
4. **Spring Cleaning** – Having a clean living space is not only nice but it helps reduce the risk of falls. At a minimum you should remove clutter from indoor and outdoor walkways, rake up fallen leaves that still linger, and remove moss from sidewalks, porches and driveways.
5. **Check the Flooring** – Having a clean walkway is only part of the battle. Once you have cleared the clutter check the flooring throughout the house and repair loose or damaged floorboards, carpeting and mats.



### **Habitat for Humanity & Holliston Senior Center** **Home Repair Information & Sign-up Session**

Please join us for a live, interactive information session to learn more about our collaboration with **Habitat for Humanity** to provide needed repairs for qualifying Holliston homeowners. This interactive presentation will give you an opportunity to: **ask questions and learn about the guidelines, process, qualifications & application requirements for this exciting Program.**

Interested participants will be able to sign up for one-to-one application appointments with Habitat staff.

Call the Senior Center to sign-up for this event

**Friday, March 10 at 10:00 AM**

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



As the winter months roll along and the weather gets colder. We just want to let you know seasonal depression and loneliness can settle in very quickly. It can come along slowly or even rapidly. We just want you to know you are cared about it and the Holliston Police Departments is here for you. If you feel like you are getting depressed or lonely do not hesitate to call the police department. Our officers having behavioral health training and other resources that can be brought in to care for you. Even if you are not the one effected you can still call the police depart speak with an officer on behalf of a family, friend or co worker. Remember we are in this together and you never have to be alone. As always be safe and take care.

Respectfully,  
Sergeant Remkus & Officer Ciavarra

# Monthly Programs

## **Coffee and Coloring**

Mondays, 9:30-11:00 am  
Join us for relaxing adult coloring.  
This is a great way to unwind.  
All supplies are provided.

## **Game Day**

Mondays, 1:30-4:00 pm  
Join us for a fun time playing  
cribbage, dominoes and more!  
No experience required.

## **Legal Advice w/ Atty Bergeron**

Fourth Monday of the Month  
10:00 — 12:00 pm  
Attorney Bergeron continues to  
offer free 15-minute legal advice  
through the Senior Center. You  
have the option of either talking  
with him over the phone or  
meeting in person at the Center.  
Call the Senior Center to sign up.

## **Monthly Breakfast**

Second Tuesday of the Month  
9:00 am  
(\$3.00 Donation Requested)  
VETERANS EAT FREE  
Start your day with a smile and a  
hot cup of coffee while enjoying  
classic breakfast favorites. You must  
sign up 2 business days in advance  
by calling the Center.

## **Writers' Group**

First Tuesday of the Month  
10:00 am—12:00 pm  
Instructor: Lois Hosmer  
All pieces are welcome. Enjoy a  
morning of listening, writing, and  
camaraderie. Hope to see you there.  
Monthly topics are on page 5.

## **Legal Hour with Jay Marsden**

Second Tuesday of the Month  
10:00 — 12:00 pm  
Attorney Jay Marsden can meet  
with individuals for a complimentary  
30 min consultation. You must call  
the Senior Center in advance to  
schedule your consultation.

## **Podiatry Clinic**

Wednesday, April 19th  
10:00 am -1:00 pm  
Dr. William Cooper will be at the  
Senior Center with appointments  
starting at 10am. Reserve your  
time by calling the Center. A fee  
of \$40.00 is due at the time of  
your appointment and checks  
must be made out to Dr. Cooper.

## **BINGO**

1st and 3rd Wednesday  
1:00—3:00 pm  
Come for lunch and stay for  
BINGO! Have some fun playing  
and making new friends.

## **Veterans Coffee Hour**

Third Thursday at 9:30 am  
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 pm-2:00 pm  
Instructor: Carmen Chiango  
Join the class as they share  
photos and learn how to improve  
techniques. Beginner to advanced  
photographers are welcome.

## **Friday Crafters**

Fridays 9:30-11:30 pm  
Open to all types of sewing,  
knitting and crafts! Our craft  
group is happy to help you with  
your personal projects. They will  
also teach you a new craft project  
once a month. A great time to  
chat and learn from each other.

## **Book Club**

Second Friday of the Month  
1:30 pm  
Join us for great books and  
thought-provoking conversation!  
Books are listed on the next page.  
The Holliston Public Library can  
assist with getting books and can  
be reached at 508-429-0617. New  
members are always welcome.

## **Tune Timers Band**

Fridays, 1:00-3:30 pm  
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.

## **Book Store &**

## **Good-As-New Shoppe**

Open Daily  
Whether you are interested in a  
good romance novel, mystery, or  
biography, our **Book Store** has a  
great selection of gently-used  
books at very reasonable prices.  
While you are shopping for books,  
stop by the **Good-As-New  
Shoppe** for household items,  
puzzles, dishes and other novelty  
items. Sponsored by the Senior  
Support Foundation, all monies  
raised help fund programs and  
events held at the Senior Center.

## **Lunch and a Movie**

Fourth Thursday of the Month  
12:00  
(\$3.00 Donation Requested)  
Join us for a good movie, paired  
with a variety of delicious; soups,  
salads, sandwiches AND movie  
snacks.



## Health and Exercise Classes

### **Zumba Gold!** TUESDAYS, 12:30—1:30PM

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. It's exercise in disguise. Join over Zoom or in-person at the Center.

### **Energy Focus Movement**

TUES + THURS, 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 Bellefeuille is an experienced, licensed instructor who will help you customize your moves to match your needs. Laughter is included! In-person at the Center.

### **Tai Chi**

MONDAYS, 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 the Tai Chi. Available in-person.

### **Yoga**

MON + WED, 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 Weiner, is a Certified Kripalu and Hatha Yoga teacher who runs the Prana Center in Holliston. Join over Zoom or in-person.

### **Pilates**

THURSDAYS, 9:00—10:00AM

Join Sharon Broadley-Martin and improve your strength, balance and circulation through a whole-body workout. Pilates is over Zoom for every class, except the last class each month when we meet in-person.

### **Walking Group** WEDNESDAYS, 9:30-10:30AM

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



### **Monthly Breakfast**

March 14th and April 11th at 9am

**VETS EAT FREE**



Join us for a delicious breakfast. Thank you to the SSF for underwriting our breakfasts!

\$3.00 donation requested.

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

### **Writers Group**

We meet the first Tuesday of the month at 10am in the classroom. All written pieces are welcome. Come and enjoy a morning of listening, sharing and writing. Hope to see you there. Upcoming topics...



**March 7th: A lesson I learned from a book**

**April 4th: Color Poetry**

### **LUNCH WITH THE LIONS** Sunday, March 19th, 11:30



The Holliston Lions Club would like to see you for lunch! Enjoy a free lunch, a treat, refreshments and some GREAT company! Lunch is IN-PERSON only.

**Sign up by calling the Senior Center at 508-429-0622**

### **LIONS CLUB COLLECTS (Senior Center Drop-off)**

- >Can, Pull Tabs
- >Used eyeglasses & Sunglasses (prescription or not, no cases, please)
- >Hearing Aids
- >Crocheted afghan, 8x8 knitted squares
- >"Button" batteries

### **Drop-in TECH HELP!**

Jonah, a Holliston High Schooler, will be here to teach you new skills or help with tech issues at no cost! He'll be at our Center:



**Thurs. March 16th at 3—4pm**  
**Thurs. April 13th at 3—4pm**



- Computer issues (Mac or PC)
- Forgotten passwords
- iPhones/ Android devices
- Social Media
- Facetime/Skype
- General Questions

### **PODIATRY APPOINTMENTS**

**April 19th from 10am to 1pm**

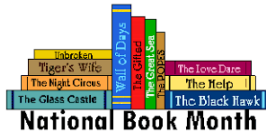
Dr. William Cooper will take appointments at the center. Reserve your time by calling the Senior Center at 508-429-0622. A fee of \$40 payable to Dr. Cooper is due at the time of your appointment. Checks should be made to Dr. Cooper.



### **A Note from our Bookstore...**

- The Bookstore will take donations on **Tuesdays and Thursdays from 12-3pm**
- Books must have book jackets and be in saleable condition. No Brown spots
- We cannot take over-sized Coffee Table books or Cook Books
- If you have questions, call us at 508-429-0622












# March 2023

**Women's History Month**



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>9:30 Walking Fitness 11:00 Yoga 12:00 <b>Weekly Lunch***</b> 1:00 BINGO</p>	<p><b>2</b></p> <p>9:00 Pilates (Zoom) 10:30 Energy Focus Movement 12:30 Photography</p>	<p><b>3</b></p> <p>9:30 <b>Select Chat***</b> 9:30 Friday Crafters 1:00 Tune Timers</p> <p></p> <p><u><b>World Wildlife Day</b></u></p>
<p><b>6</b></p> <p>9:00 AARP Tax Appts*** 9:30 Coloring and Coffee 11:00 Yoga 12:00 <b>Weekly Lunch***</b> 1:30 Tai Chi 1:30 Game Day</p> <p></p> <p><b>Purim Begins at Sundown</b></p>	<p><b>7</b></p> <p>10:00 Writer's Group 10:30 Energy Focus Movement 12:30 Zumba Gold 1:00 <b>Libby Training by Holliston Public Library***</b> 2:00 <b>Coffee with Holliston Police***</b></p>	<p><b>8</b></p> <p>11:00 Yoga 12:00 <b>Celtic Celebration with Davis Bates &amp; Traditonal St. Patrick's Day Lunch</b> 2:00 Council on Aging Board Meeting</p> <p><b>Women's Day</b> </p>	<p><b>9</b></p> <p>9:00 Pilates (Zoom) 10:30 Energy Focus Movement 12:30 Photography</p>	<p><b>10</b></p> <p>9:30 Friday Crafters 10:00 <b>Habitat for Humanity Home Repair Info Session</b> 1:00 Tune Timers 1:30 Book Club (See book title on page 10)</p> <p><b>Harriet Tubman Day</b> </p>
<p><b>13</b></p> <p>9:00 AARP Tax Appts*** 9:30 Coloring and Coffee 11:00 Yoga 12:00 <b>Weekly Lunch***</b> 1:30 Tai Chi 1:30 Game Day</p> <p><u><b>Sunday, March 12th—Daylight Savings begins!</b></u></p>	<p><b>14</b></p> <p>9:00 <b>Monthly Breakfast***</b> 10:00 <b>Legal Hour with Attorney Marsden***</b> 10:30 Energy Focus Movement 12:30 Zumba Gold 12:30 <b>Intergen Create Session at Miller</b></p> <p></p>	<p><b>15</b></p> <p>9:30 Walking Fitness 10:00 <b>Podiatry***</b> 11:00 Yoga 12:00 <b>Weekly Lunch***</b> 1:00 BINGO</p>	<p><b>16</b></p> <p>9:00 Pilates (Zoom) 9:30 <b>Veterans Coffee Hour***</b> 9:30 Senior Support Foundation Meeting 10:30 Energy Focus Movement 12:30 Photography 3:00 Tech Help</p>	<p><b>17</b></p> <p>9:30 Friday Crafters 1:00 Tune Timers 1:30 Book Club <b>Happy St. Patrick's Day!</b></p> <p></p> <p><b>Lions Club Free Lunch on Sunday, March 19</b></p>
<p><b>20</b></p> <p>9:00 AARP Tax Appts*** 9:30 Coloring and Coffee 11:00 Yoga 12:00 <b>Weekly Lunch***</b> 1:30 Tai Chi 1:30 Game Day</p> <p><b>Welcome Spring!!!</b></p> <p></p>	<p><b>21</b></p> <p>10:00 <b>What You Need to Know To File Your 2022 Tax Return***</b> 11:00 <b>UMass Boston Presentation***</b> 10:30 Energy Focus Mvmt 12:30 Zumba Gold 12:30 <b>Intergen Create Session at Miller</b></p>	<p><b>22</b></p> <p>9:30 Walking Fitness 11:00 Yoga 12:00 <b>Weekly Lunch***</b></p> <p><i>Ramadan Begins at Sundown</i></p> <p></p>	<p><b>23</b></p> <p>9:00 Pilates (Zoom) 10:30 Energy Focus Mvmt 12:30 Photography 3:00 Drop-in Tech Help</p> <p></p>	<p><b>24</b></p> <p>9:30 Friday Crafters—<b>Easter Bunny Door Hanger</b> 1:00 Tune Timers</p> <p></p>
<p><b>27</b></p> <p>9:00 (Final) AARP Tax Appts*** 9:30 Coloring and Coffee 10:00 Legal Advice w/ Arthur Bergeron 11:00 Yoga 12:00 <b>Weekly Lunch***</b> 1:30 Tai Chi 1:30 Game Day</p>	<p><b>28</b></p> <p>10:30 Energy Focus Movement 12:30 Zumba Gold 12:30 <b>Intergen Create Session at Miller</b></p>	<p><b>29</b></p> <p>9:30 Walking Fitness 11:00 Yoga 12:00 <b>Weekly Lunch***</b></p>	<p><b>30</b></p> <p>9:00 Pilates (Zoom) 9:30 <b>Java with Jay***</b> 10:30 Energy Focus Movement 12:00 <b>Lunch and a Movie***</b> 12:30 Photography</p>	<p><b>31</b></p> <p>9:30 Friday Crafters 12:00 <b>Dementia Friendly Lunch and Learn***</b> 1:00 Tune Timers</p>

National  
Garden  
Month



# April 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>***RESERVATIONS ARE REQUESTED IN ADVANCE. CALL THE SENIOR CENTER AT 508-429-0622</b></p>				
<p><b>3</b></p> <p>9:30 Coloring and Coffee 11:00 Yoga 12:00 <b>Weekly Lunch***</b> 1:30 Tai Chi 1:30 Game Day</p>	<p><b>4</b></p> <p>10:00 Writers Group 10:30 Energy Focus Mvmt 12:30 Zumba Gold 2:00 <b>Coffee with Holliston Police***</b></p>	<p><b>5</b></p> <p>9:30 Walking Fitness 11:00 Yoga 12:00 <b>Weekly Lunch***</b> 1:00 BINGO</p> <p><i>Passover Begins at Sunset</i></p>	<p><b>6</b></p> <p>9:00 Pilates (Zoom) 10:30 Energy Focus Movement 12:30 Photography 1:00 <b>Libby Training by Holliston Public Library***</b></p>	<p><b>7</b></p> <p>9:30 <b>Select Chat***</b> 9:30 Friday Crafters 1:00 Tune Timers</p>
<p><b>10</b></p> <p>9:30 Coloring and Coffee 11:00 Yoga 12:00 <b>Weekly Lunch***</b> 1:30 Tai Chi 1:30 Game Day</p>	<p><b>11</b></p> <p>9:00 <b>Monthly Breakfast***</b> 10:00 <b>Legal Hour with Attorney Marsden***</b> 10:30 Energy Focus Movement 12:30 Zumba Gold</p> <p><i>National Pet Day!</i></p>	<p><b>12</b></p> <p>9:30 Walking Fitness 11:00 Yoga 12:00 <b>Weekly Lunch***</b> 2:00 Council on Aging Board Meeting</p>	<p><b>13</b></p> <p>9:00 Pilates (Zoom) Foundation Meeting 10:30 Energy Focus Mvmt 12:30 Photography 3:00 Drop-in Tech Help</p>	<p><b>14</b></p> <p>9:30 Friday Crafters 1:00 Tune Timers 1:30 Book Club (See book title on page 10)</p>
<p><b>17</b></p> <p><b>CLOSED FOR PATRIOT'S DAY</b></p>	<p><b>18</b></p> <p>10:30 Energy Focus Movement 12:30 Zumba Gold</p>	<p><b>19</b></p> <p>9:30 Walking Fitness 10:00 <b>Podiatry***</b> 11:00 Yoga (Zoom) 12:00 <b>Weekly Lunch***</b> 1:00 BINGO 1:30 Tai Chi (rescheduled)</p>	<p><b>20</b></p> <p>9:00 Pilates (Zoom) 9:30 Senior Support 9:30 <b>Veterans Coffee Hour***</b> 10:00 <b>Libby Training by Holliston Public Library***</b> 10:30 Energy Focus Movement 12:30 Photography</p>	<p><b>21</b></p> <p>9:30 Friday Crafters 12:00 <b>Dementia Friendly Lunch and Learn***</b> 1:00 Tune Timers</p>
<p><b>24</b></p> <p>9:30 Coloring and Coffee 9:30 <b>Intergen Showcase</b> 10:00 <b>Legal Advice w/ Attorney Bergeron***</b> 11:00 Yoga 12:00 <b>Weekly Lunch***</b> 1:30 Tai Chi 1:30 Game Day</p>	<p><b>25</b></p> <p>10:30 Energy Focus Movement 12:30 Zumba Gold</p>	<p><b>26</b></p> <p>9:30 Walking Fitness 11:00 Yoga 12:00 <b>Weekly Lunch***</b></p>	<p><b>27</b></p> <p>9:00 Pilates (Zoom) 9:30 <b>Java with Jay***</b> 10:30 Energy Focus Movement 12:00 <b>Lunch and a Movie***</b> 12:30 Photography</p>	<p><b>28</b></p> <p>9:30 Friday Crafters 1:00 Tune Timers</p>

# HOLLISTON SENIOR CENTER MONDAY AND WEDNESDAY LUNCH MENU

## March and April 2023

### **Wednesday, March 1**

BAKED MAC AND CHEESE, Steamed Broccoli, Mandarin Orange, Apple Pie

### **Monday, March 6**

QUICHE LORRAINE, Tomato Soup, Spinach Salad, Peanut Butter Cookies

### **Wednesday, March 8**

TRADITIONAL BOILED DINNER, Corned Beef, Potatoes, Carrots & Cabbage with Roll and Butter, Carrot Cake

### **Monday, March 13**

HERB ROASTED CHICKEN THIGHS, Cream of Mushroom Soup, Rice Pilaf, Mixed Vegetables, Pastries

### **Wednesday, March 15**

HAMBURGERS, Vegetable Soup, Fresh Cucumber, Potato Salad, Chocolate Cookies

### **Monday, March 20**

BAKED HAM, Lentil Soup, Sweet Potato, Green Beans, Roll with Butter, Cheesecake

### **Wednesday, March 22**

PASTA W/BROCCOLI AND CHICKEN, Tossed Salad, Mandarin Orange, Chocolate Pudding

### **Monday, March 27**

MEATLOAF, Buttered Egg Noodles, Butternut Squash, Three Bean Salad, Chocolate Pudding

### **Wednesday, March 29**

BAKED SCROD, Rice Pilaf, New England Clam Chowder, Tossed Salad, Oatmeal Cookies

### **Monday, April 3**

TRADITIONAL CHEF SALAD, Chicken Soup, Roll and Butter, Vanilla Cupcakes

### **Wednesday, April 5**

PEPPER, STEAK AND ONIONS with Rice, Grapes, Fortune Cookies

### **Monday, April 10**

TURKEY CLUB SANDWICH, Pea Soup, French Fries and Cheesecake

### **Wednesday, April 12**

RIGATONI with MEAT SAUCE, Caesar Salad, Roll with Butter, Vanilla Ice Cream

### **Monday, April 17**

***SENIOR CENTER CLOSED FOR PATRIOT'S DAY***

### **Wednesday, April 19**

BAKED, STUFFED SHELLS, Tossed Salad, Cauliflower, Roll, Chocolate Cupcakes

### **Monday, April 24**

CHICKEN CACCIATORE, Egg Noodles, Asparagus, Apple, Italian Cookies

### **Wednesday, April 26**

POT ROAST, Mashed Potatoes, Gravy, Mushrooms, Green Salad, Tapioca Pudding

***PLEASE SIGN UP AT LEAST 2 BUSINESS DAYS IN ADVANCE -***

***Call the Center at 508-429-0622 for reservations. Monday & Wednesday meals are a \$3 donation and include a drink and dessert (unless noted).***





### Virtual Seminars with Attorney Bergeron



Each month, Attorney Bergeron will hold a seminar on topics related to estate planning and legal advice. Tune into HCAT to view each month's seminar.

#### **MARCH: Dealing with your 70's.**

Typically when we hit our 70's, we think about our living situation and consider either moving or adapting our homes to prepare for possible frailty down the road. We may also update our estate plan to protect our assets should we need to qualify for MassHealth. This month, Attorney Arthur Bergeron will talk about reverse mortgages and HEL-OCs to provide equity for home repairs or home health assistance; moving options, including assisted living facilities; withdrawing tax-deferred funds faster than required by RMD; geriatric care managers, ASAP, and other available programs; and asset protection strategies.

#### **APRIL: Don't be Taxed by Taxes – Be in the Know!**

April is all about taxes! Attorney Arthur Bergeron and his colleague Attorney Allen Falke, who specializes in tax law, will join Attorney Bergeron this month to discuss important tax considerations for seniors. This is one you don't want to miss!

### 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 10 am—12 pm**. You can either meet him in person at the Center or talk with him over the phone.

**Upcoming dates: March 27th & April 24th**

**Call the Senior Center at 508-429-0622 to sign up.**

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

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

**Tues, March 14th and April 11th-10:00 am**

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.

If you would like to schedule an appointment with Jay, please call our Center at 508-429-0622 to sign up.



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

**March 30th—How to Pay for a Nursing Home: Three Options**

**April 27—Five Ways your Home doesn't count towards Medicaid/Mass Health Calculations**

### SHINE — Serving the Health Insurance Needs of Everyone

#### **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 2023.

New for Medicare in 2023: discounted insulin and free Shingles shots due to the Inflation Reduction Act. Please make a SHINE appointment if you would like to discuss your situation. SHINE counselors are available year-round to assist Medicare beneficiaries.

Trained SHINE (Serving Health Insurance Needs of Everyone... on Medicare) volunteers offer free, confidential counseling on Medicare options. To schedule a SHINE appointment, call our Senior Center at 508-429-0622. 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.

### FUEL ASSISTANCE



Applications for Fuel Assistance are available. This program runs from November 1st through April 30th, 2023, and is available for both homeowners and renters.

The Senior Center can assist any resident of Holliston (regardless of age) with the application. If you think you might qualify, need more information, or want to set up an appointment, call Melicia at 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 meet certain eligibility requirements. All items are provided at no cost.

If you would like to be considered for the program, please call the Senior Center at 508-429-0622.



### Resources For Services and Information

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

## The Library Is Coming to the Senior Center!

*Tues, March 7th from 1-2pm*

*Thurs, April 6th from 1-2pm*

Are you curious about Libby, the library's app that allows you to read or listen on portable devices with your library card? Did you get a Kindle or iPad for the holidays and want to use it to read but are not sure how to borrow books? Want to listen to audiobooks on your smartphone? Spend an hour with Tammy and Jen from the Holliston Library and we will show you how easy it is! Bring all devices that you want to use. We'll also talk about online offerings like Hoopla and Kanopy.



Call 508-429-0622 to sign up!

## Easter Bunny Door Hanger Class

**Adorable Easter Bunny peeking out from a delicious carrot!**

Class size limited to 8 participants.

**Date: Friday, March 24th**

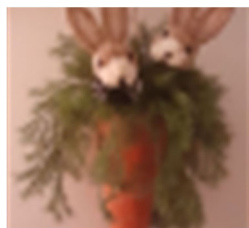
**Time: 9:30am**

**Deadline: March 16th**

**Limited to: 8**

**Cost: \$6**

Please call the Senior Center to sign up: 508-429-0622



## **BOOK CLUB**



We welcome you to join us on the second Friday of the month at 1:30 pm to enjoy some interesting titles.

**March 10: *Two Nights in Lisbon* by Chris Pavone**

**April 14: *Hamnet* by Maggie O'Farrell**

The Holliston Public Library can help you get books for the meetings. Call the Library at 508-429-0617.

## 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 Melicia for more info!  
508-429-0622



## Looking for volunteers!



The Senior Support Foundation (SSF) is a volunteer organization whose primary focus is to raise funds in support of programs, events, and activities of the Holliston Senior Center.

The SSF is a group of energetic volunteers who are interested in making a difference in the lives of Holliston seniors. We are always looking for additional volunteers and would love to have you. It's a lot of fun and the comradery is unmatched. 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 10am, at the Senior Center. If interested, please call 508-429-0622.



## Have you tried our Weekly Lunches?

When? Every Monday and Wednesday from 12-1pm

Where? Senior Center Dining Room

What? Check out our monthly menu on page 8!

Why? Monday and Wednesday lunches at our Center are a great way to add some fun conversation to your week! Chat with new friends, try something new, and enjoy amazing service from our lovely kitchen volunteers! Our meals are multi-course, meaning you get rolls, soup or salad, an entrée, a drink and dessert!

**Call 508-429-0622 to sign up & let us know if you would like weekly rides from our van!**

## DAYLIGHT SAVINGS TIME

**March 12, 2023**

**SET CLOCKS AHEAD ONE HOUR**



**Visit Our: BOOK STORE & GOOD AS NEW SHOPPE Open daily**

**All proceeds go to the Senior Support Foundation to support programs at the Senior Center.**

**Great deals on: music, dvd's, books and treasures. Open Senior Center hours.**

VERIZON CHANNELS  
32—PUB 33—ED 34—GOV

## Holliston Cable Access Television - HCAT

COMCAST CHANNELS  
8—PUB 96—ED 11—GOV

Do you know how much HCAT has to offer? Did you know that you can watch recorded presentations from the Senior Center? Upcoming programs include: A Talk by Holliston Historian, Joanne Hulbert, Holliston Assessors Office Presentations, and Hopkinton Audiology's Presentation on Hearing Loss. There are also legal presentations by Attorney Arthur Bergeron and Attorney Jay Marsden, local church services, as well as other great pre-recorded presentations and shows. You can even find our exercise programs such as Walking Fitness, Pilates, and Chair Yoga.

Be sure to visit their website [www.HCATTV.org](http://www.HCATTV.org) and add a few of these exciting programs to your daily schedule!

## 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!*

### COMING ON MAY 2nd — HOLLISTON SENIOR CENTER WALKING CLUB

Every Tuesday and Thursday—Starting at 9:00 AM at FATIMA SHRINE

Walks will last approximately two hours, but you can leave early if you want to.  
**MUST CALL SENIOR CENTER TO BE PUT ON LIST—(so we know we should wait for 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

#### MONDAY

- Milford
- Mendon
- Hopedale
- Upton
- Franklin
- Medway
- Millis
- Holliston

#### TUESDAY

- Natick
- Framingham
- Ashland
- Southborough
- Holliston
- Hopkinton

#### WEDNESDAY

- Market Basket in Bellingham
- Milford
  - Medway
  - Mendon
  - Hopedale
  - Upton
  - Franklin
  - Medway
  - Millis
  - Holliston

#### THURSDAY

- Market Basket in Ashland
- Natick
  - Framingham
  - Ashland
  - Southborough
  - Holliston
  - Hopkinton

#### FRIDAY

- Holliston Errands and Appointments Only

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

Lisa Borchetta, Director ..... x212 ... borchettal@holliston.k12.ma.us  
Amy Rose, Assistant Director..... x218 ... rosea@holliston.k12.ma.us  
Melicia DaCosta, Outreach/Transportation x211 ... dacostam@holliston.k12.ma.us  
Debbie Dupuis, Administrative Assistant...x216.....dupuisd@holliston.k12.ma.us

#### Van Drivers

Debbie Dupuis, Ron Turcotte, Bruce Connolly, Stephen Whitemore 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 Chiang

**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.**

**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.**



### The 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.

**Mtgs: March 16th & April 20th**

#### 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.

Town of Holliston  
COA/Senior Center  
150 Goulding Street  
Holliston, MA 01746  
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HOLLISTON, MA 01746  
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### Holliston Senior Center — March/April 2023

## **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. Work may include but is not limited to: roof repairs & replacement and renovations to satisfy handicap accessibility & ADA requirements such as ramps, repairs to outdoor stairs, deck repair/replacement, etc.

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

**[See Informational Event Information \(inside newsletter\), Friday, March 10 at 10:00 am](#)**

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 our Center to sign up for an appointment with a Habitat Intake Coordinator (508-429-**



### **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 Thursday**

9:00 am-4:00 pm

### **Friday**

9:00 am-3:00 pm

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



## **A Message from the Town Assessors Office**

### **Property Tax Exemption Deadline is April 3rd**

The deadline for Holliston seniors to apply for the various property tax exemptions offered by the town is April 3, 2023. Information about what exemptions are available and what are the criteria for receiving them are available on the Town of Holliston website at:

<https://www.townofholliston.us/assessors-office/pages/online-forms>

The Assessors' Office can answer any questions you may have about the exemptions. You can reach the staff at 508-429-0604.