



HOLLISTON SENIOR CENTER NEWS

Holliston Senior Center

May / June 2023

Director's Message – May/June 2023

Ahhh... May and June, two of the loveliest months of the year! Whether it's the warming temperatures, the lengthening, sunlit days, the sounds of the songbirds, or something else – spring simply makes most of us - feel good. And while spring is by its very nature tied to a certain time of year, other forms of "goodness" can easily be felt all-year-round. Here at the Holliston Senior Center we are lucky enough to benefit from this "other kind of goodness" each and every day. What I am referring to comes from knowing that we are surrounded by people who are willing to give of their time, energy and talents to support the older adults of Holliston and the work of the Holliston Senior Center – all year round. We all benefit from a large group of volunteers who give to the center (in one way or another) each and every...single...day!!! And while "Volunteer Appreciation Month" was in April, this year we will be taking some time out of our "regularly scheduled programming" (on May 16th) to treat our volunteers to an "Appreciation Luncheon" in hopes of giving just a little something back to them, for all they have given us.



Here are *just some* of the ways that the Senior Center volunteers dedicate their time, energy, skills and caring to help the older adults of Holliston. Our volunteers; serve on the Holliston Senior Center's Council on Aging, or on our Senior Support Foundation (SSF). In the center- they are: our wonderful receptionists, kitchen volunteers, special event volunteers or bread pick-up volunteers. Outside volunteers help us, too... They may be students who make cards and gifts for members or assist with odd jobs, tech help, and more. They could be various other community members who help with the SSF's Fall Fair or they could be Cub, Boy and Girl Scouts; who wrap gifts, do eagle projects and/or weed gardens. Our volunteers may offer a special service like the AARP tax assistance providers, our SHINE Counselor, Blood Pressure Clinic volunteer, Attorneys Bergeron and Marsden and our audiologist. They could be from another town organization, like the Holliston Garden Club, the VFW, American Legion, or the Lions' Club – they could be performers and presenters, bakers and shoppers and so, so many others. We see you every day and we appreciate all you give of yourselves for this community. *You are as lovely as Spring flowers and then some!!!*

Lisa S. Borchetta, Director - Holliston Senior Center

"The smallest act of kindness is worth more than the grandest intention." ~Oscar Wilde

Important Calendar Notes

The Center will be **CLOSED**
May 29, 2023—Memorial Day
June 19, 2023—Juneteenth

To find out if the Senior Center is closed, 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.

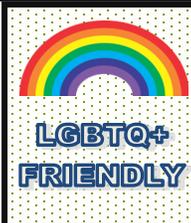
150 Goulding Street
 Holliston, MA 01746
 (508) 429-0622

Senior Center Hours
 Monday—Thursday
 9:00 am—4:00 pm
 Friday: 9:00 - 3:00

Would you like our newsletter sent to you via email?

???

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



Summer Sizzler



Wednesday, June 14, 2023

12:00PM

Real Lobster Salad Finger Roll Sandwich & BBQ Chicken Breast served choice of sides (Baked beans, Cole slaw, Potato salad) and strawberry shortcake! (\$8 Donation)

Tuna Roll or Egg Salad can be substituted for those with food allergies. (\$4 Donation)

Dan Kirouac will be provide musical entertainment, **courtesy of the Holliston Cultural Council!**

You MUST reserve your meal by June 7th so we have enough time to place order from caterer. Please sign up early by calling (508) 429-0622

VOLUNTEER APPRECIATION LUNCH



Much of what happens at the Senior Center is thanks to the work of our faithful volunteers.

We are paying tribute to these valuable people by treating them to a luncheon at Anthony's on the Green on **Tuesday, May 16, 2023.** *Volunteers please call to register By May 10th*

The Senior Center will be closed between 11:45am and 2:00pm that day.
See calendar for schedule changes.

LUNCH AND A MOVIE

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



THURSDAY, MAY 25TH AT 12:00—SIGN-UP BY MAY 12TH

"West Side Story" PG13—2021—Drama—2 hrs. 36 min.

West Side Story is a 2021 American musical romantic drama film directed and co-produced by Steven Spielberg from a screenplay by Tony Kushner. It is the second feature-length adaptation of the 1957 stage musical of the same name.



THURSDAY, JUNE 22ND AT 12:00 PM * SIGN UP BY APRIL 9TH

"Kinky Boots" - PG13—2005—Musical—1 hr. 46 min.

Kinky Boots is a 2005 British comedy-drama film directed by Julian Jarrold and written by Geoff Deane and Tim Firth. The film tells of a struggling British shoe factory's young, straight-laced owner, Charlie, who forms an unlikely partnership with Lola, a drag queen, to save the business.

"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.

*

Music and Movement for the Mind and Soul

Friday, May 19 at Noon

Elevate your wellbeing with a special fitness group centered around movement and laughter. This program will be led by Jose Soto, Certified Dementia Practitioner, Laughter Yoga Instructor, and Neighborhood Director at Wingate in Needham.

*

Nutrition and Brain Health

Friday, June 23rd at Noon

Join us for a lively and interactive presentation on nutrition and brain health. Tara Hammes, Registered Dietician for the Massachusetts Councils on Aging, will review five of the best foods for brain health and how to choose, prepare, and store them. Bring your questions and comments.

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



"How to Avoid Being Duped by Online Financial Scams"

Presented by, the junior class of Keefe Tech High School's, Legal & Protective Services Program

Thursday, June 1st from 11:30-1:00

Please join the junior class students of Keefe Tech High School's Legal & Protective Services program as they present: **"How to Avoid Being Duped by Online Financial Scams"**. The students will share tips and resource information to help you avoid nefarious online scams **AND will also share online entertainment and resources, too.**

Join us for this lively and fun presentation.

Call the Senior Center (508.429.0622) to sign up.

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!)
508-429-0622.



3 Great Ways to Meet People 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.

GARDEN COMMITTEE NEWS



It's spring and the Garden Committee is eager to get busy. We plan to clean up the vegetable beds and plant this year's crop on: **Thursday, May 11th at 9:00am.** (Rain date: Friday, May 12th)

Please join us if you would like to help.

We welcome new members!



Holliston Strategic Plan and Vision Forum Thursday, May 4th from 9:30-11:00 am at the Holliston Senior Center

Please join Envision Future Holliston representatives and the Berry Dunn consultants to discuss the town's Strategic Plan and Vision for the Community.

Your voice and input are valued and needed, don't miss this important opportunity to share your thoughts and hear what others are thinking. **Please call the Holliston Senior Center to sign-up and let us know you'll be joining us.**

Michael R. Cassidy

Fire Chief & Emergency Management Director May is National Electrical Safety Month



Electricity helps make our lives easier, but its potential for shock and fire-related hazards is real and often underestimated.

This year's *Electrical Safety Month* theme, "Energy Resilience," focuses on how emerging technology, including photovoltaics, electric vehicles, and energy storage systems, can provide energy resilience to homes and businesses and help communities adapt to these changes safely.

With technological advancements in many areas of our lives, such as efficiency and green benefits associated with alternative energy sources, not everyone is aware of the fire and electrical hazards associated with them. *Electrical Safety Month* helps educate people about these new technologies and the risks they pose to structures, occupants, and first responders.

In fact, contact with electricity is a leading cause of home and workplace injuries and fatalities, and with new technologies comes added dangers. Take advantage of *Electrical Safety Month* to better educate yourself about these risks and take the needed steps to prevent them.

Homeowners can take these steps to reduce risk:

- Have all electrical work done by a qualified electrician to ensure a home's electrical system is installed to meet local codes and can accommodate additional loads imposed from charging electric vehicles.
- Use surge protective devices to help guard against voltage surges that may occur during power shut-offs and restarts, negatively impacting electronics and other sensitive equipment in the home office.

Perform regular testing of ground-fault circuit interrupters (GFCI) and breakers, based on manufacturers instruction, to ensure systems operate safely and efficiently.



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!

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 (508-429-0622)

Sergeant Remkus and Officer Ciavarra, Holliston Elder Affairs Officers



Hello there, recently the Holliston Police have been addressing a new type of scam. The most important things to remember about a scam are the following: Never give out your personal information i.e. your bank account numbers, social security or any other private information. If you are in doubt, call the police station. No institution or government agency would tell you NOT to call your loved ones or the police department. Immediately hang up the phone and call the police.

Also, scammers are able to access your computers at times. They can send messages that look to be legitimate but are not. They will send phone numbers that connect to fake call centers in an attempt to deprive you of your money. Always call your loved ones and the police department if in doubt. Time is on your side and if it is a legitimate offer or service, they will still be able to assist you if you take the time to verify, they are real. Scammers press people on time to make them feel rushed, out of options and threaten you with various legal jargon.

Please, if you receive a call asking for money for anything, call the Holliston Police so we may help you and ensure your money stays with you. As always, be safe.

HOPKINTON AUDIOLOGY FREE Hearing Aid Cleaning

Call Senior Center for appointment

Wed, May 17th & June 14th at 10am

Darcy Repucci, MS, CCA-A is a licensed audiologist,
and owner of Hopkinton Audiology



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
(\$4.00 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 w/Atty. 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, June 21st
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
Metro West 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.

Walking Club *NEW*

Every Tuesday and Thursday
9:00
Meet at Fatima Shrine for a 2-
hour walk (you can leave early if
needed)
MUST CALL SENIOR CENTER TO BE
PUT ON LIST—(so we know we
should wait for you!)

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.

A \$4 donation is requested for classes

Monthly Breakfast

May 9th and June 13th at 9am

VETS EAT FREE



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

\$4.00 donation requested.

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



LUNCH WITH THE LIONS

Sunday, May 28th and June 25th

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 before May 24th or June 21**



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

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...



May 2: Downsizing

June 6: Free choice, what would you like to say?

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:



Tues. May 9th at 3—4pm



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

PODIATRY APPOINTMENTS

June 21st 10:00—1:00

 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. 

HOPKINTON AUDIOLOGY

Free Hearing Aid Cleanings!

May 17th & June 14th at 10:00

Darcy Repucci, MS, CCC-A, is a licensed audiologist from Hopkinton & owner of Hopkinton Audiology. She offers hearing aid cleanings at the center. Call to sign-up!





Asian American & Pacific Islander Heritage Month

May 2023

National Military Appreciation Month



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
9:30 Coloring and Coffee 11:00 Yoga 12:00 Weekly Lunch*** 1:30 Tai Chi 1:30 Game Day	9:00 Walking Club*** 10:00 Writer's Group 10:30 Energy Focus Movement 12:30 Zumba Gold 2:00 Coffee with Holliston Police***	9:30 Walking Fitness 11:00 Yoga 12:00 Weekly Lunch*** 1:00 BINGO	9:00 Walking Club*** 9:00 Pilates (Zoom) 9:30 Holliston Strategic Plan and Vision Forum *** 10:30 Energy Focus Movement 12:30 Photography	9:30 Select Chat*** 9:30 Friday Crafters 1:00 Tune Timers 1:00 Libby Training by Holliston Public Library*** 
8	9	10	11	12
9:30 Coloring and Coffee 11:00 Yoga 12:00 Weekly Lunch*** 1:30 Tai Chi 1:30 Game Day	9:00 Walking Club*** 9:00 Monthly Breakfast *** 9:00 Legal Hour w/Atty. Jay Marsden 10:30 Energy Focus Movement 12:30 Zumba Gold 3:00 Drop-in Tech Help	9:30 Walking Fitness 11:00 Yoga 12:00 Weekly Lunch*** 2:00 Council on Aging Meeting	9:00 Walking Club*** 9:00 Garden Club Kick-Off 9:00 Pilates (Zoom) 10:30 Energy Focus Movement 12:30 Photography	9:30 Friday Crafters 1:00 Tune Timers 1:30 Book Club (" <i>Silent Spring</i> ," by Rachel Carson) 
15	16	17	18	19
9:30 Coloring and Coffee 11:00 Yoga 12:00 Weekly Lunch*** 1:30 Tai Chi 1:30 Game Day	9:00 Walking Club*** Center Open 9—11:30 10:00 Energy Focus Movement*** Special Time 11:30—2:00 Center Closed 12:00—2:00pm Volunteer Appreciation Luncheon Center Open 2:15—4 pm	9:30 Walking Fitness 10:00 Hopkinton Audiology *** 11:00 Yoga 12:00 Weekly Lunch*** 12:30 Zumba Gold*** Special Day 1:00 BINGO	9:00 Walking Club*** 9:00 Pilates (Zoom) 9:30 Veterans Coffee Hour*** 9:30 Senior Support Foundation Meeting 10:30 Energy Focus Movement 12:30 Photography	9:30 Friday Crafters 12:00 Dementia Friendly Lunch and Learn*** 1:00 Tune Timers
22	23	24	25	26
9:30 Coloring and Coffee 10:00 Legal Advice with Atty Bergeron 11:00 Yoga 12:00 Weekly Lunch*** 1:30 Tai Chi 1:30 Game Day	9:00 Walking Club*** 10:30 Energy Focus Mvmt 12:30 Zumba Gold	9:30 Walking Fitness 11:00 Yoga 12:00 Weekly Lunch***	9:00 Walking Club*** 9:00 Pilates 9:30 Java with Jay 10:30 Energy Focus Movement 12:00 Lunch and a Movie*** "West Side Story," 2021 12:30 Photography	9:00 8th Grade Day of Service 9:30 Friday Crafters— 1:00 Tune Timers Lion's Club Free Luncheon; Sunday, May 28th ***
29	30	31		
CLOSED FOR MEMORIAL DAY 	9:00 Walking Club 10:30 Energy Focus Movement 12:30 Zumba Gold	9:30 Walking Fitness 11:00 Yoga 12:00 Weekly Lunch*** National Senior Health and Fitness Day [image]	 AGING UNBOUND: MAY 2023	***RESERVATIONS ARE REQUESTED IN ADVANCE. CALL THE SENIOR CENTER AT 508-429-0622



June 2023

Great
Outdoors
Month



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>***RESERVATIONS ARE REQUESTED IN ADVANCE. CALL THE SENIOR CENTER AT 508-429-0622</p>			<p>1</p> <p>9:00 Walking Club 9:00 Pilates (Zoom) 10:30 Energy Focus Movement 11:30 Keefe Tech Presentation 12:30 Photography</p>	<p>2</p> <p>9:00 8th Grade Day of Service (Rain Date) 9:30 Select Chat *** 9:30 Friday Crafters 1:00 Tune Timers</p>
<p>5</p> <p>9:30 Coloring and Coffee 11:00 Yoga 12:00 Weekly Lunch*** 1:30 Tai Chi 1:30 Game Day</p>	<p>6</p> <p>9:00 Walking Club 10:00 Writers Group 10:30 Energy Focus Mvmt 12:30 Zumba Gold 2:00 Coffee with Holliston Police***</p>	<p>7</p> <p>9:30 Walking Fitness 11:00 Yoga 12:00 Weekly Lunch*** 1:00 BINGO</p>	<p>8</p> <p>9:00 Walking Club 9:00 Pilates (Zoom) 10:30 Energy Focus Movement 12:30 Photography</p>	<p>9</p> <p>9:30 Friday Crafters 1:00 Tune Timers 1:30 Book Club - Presentation "Looking for a good book?" by Lorna Ruby</p>
<p>12</p> <p>9:30 Coloring and Coffee 10:00 Atty Jay Marsden 11:00 Yoga 12:00 Weekly Lunch*** 1:30 Tai Chi 1:30 Game Day</p>	<p>13</p> <p>9:00 Walking Club 9:00 Monthly Breakfast*** 10:00 Legal Hour with Attorney Marsden*** ?? 10:30 Energy Focus Movement 12:30 Zumba Gold 1:00 Libby Training by Holliston Public Library</p>	<p>14</p> <p>9:30 Walking Fitness 10:00 Hopkinton Audiology *** 11:00 Yoga 12:00 "Summer Sizzler" *** 3:00 Council on Aging Meeting</p> <p>Flag Day </p>	<p>15</p> <p>9:00 Walking Club 9:00 Pilates (Zoom) 9:30 Senior Support Foundation Meeting 9:30 Veterans Coffee Hour*** 10:30 Energy Focus Movement 12:30 Photography</p>	<p>16</p> <p>9:30 Friday Crafters 1:00 Tune Timers</p>
<p>19</p> <p>Closed for Juneteenth</p> 	<p>20</p> <p>9:00 Walking Club 10:30 Energy Focus Movement 12:30 Zumba Gold</p>	<p>21</p> <p>9:30 Walking Fitness 10:00 Podiatry*** 11:00 Yoga (Zoom) 12:00 Weekly Lunch*** 1:00 BINGO 1:30 Tai Chi</p> <p> Hello Summer!</p>	<p>22</p> <p>9:00 Walking Club 9:00 Pilates (Zoom) 10:30 Energy Focus Movement 12:00 Lunch and a Movie*** "Kinky Boots" 12:30 Photography</p>	<p>23</p> <p>9:30 Friday Crafters 12:00 Dementia Friendly Lunch and Learn*** 1:00 Tune Timers</p> <p>Lion's Club Free Luncheon; Sunday, June 25th ***</p>
<p>26</p> <p>9:30 Coloring and Coffee 10:00 Legal Advice w/ Attorney Bergeron*** 11:00 Yoga 12:00 Weekly Lunch*** 1:30 Tai Chi 1:30 Game Day</p>	<p>27</p> <p>9:00 Walking Club 10:30 Energy Focus Movement 12:30 Zumba Gold</p>	<p>28</p> <p>9:30 Walking Fitness 11:00 Yoga 12:00 Weekly Lunch***</p>	<p>29</p> <p>9:00 Walking Club 9:00 Pilates 9:30 Java with Jay *** 10:30 Energy Focus Movement 12:30 Photography</p>	<p>30</p> <p>9:30 Friday Crafters 1:00 Tune Timers</p>

HOLLISTON SENIOR CENTER MONDAY AND WEDNESDAY LUNCH MENU

May and June 2023

Monday, May 1

SPINACH AND STRAWBERRY SALAD Balsamic Vinaigrette, Toasted Pecans, Feta Cheese, Red Onion, Seeded Roll, Lemon Sorbet

Wednesday, May 3

PASTA PRIMAVERA WITH CHICKEN, Cucumber Salad, Vanilla Ice Cream & Italian Cookies

Monday, May 8

BAKED HADDOCK, Multi-grain Rice, Steamed Zucchini, New England Clam Chowder, Apple Pie

Wednesday, May 10

MEATLOAF, Mashed Potatoes, Steamed Broccoli, Tomato Soup, Chocolate Cake

Monday, May 15

CHICKEN BREAST PARMESAN, Pasta with Tomato Sauce, Tossed Green Salad, Soft Oatmeal-Raisin Cookies

Wednesday, May 17

COBB SALAD w/Lettuce, Chicken, Hard Boiled Eggs, Tomatoes, Avocado, Bacon, Blue Cheese and Vinaigrette, Tomato Soup, Blondies

Monday, May 22

BEEF STROGANOFF with Mushrooms over Egg Noodles, Tomato-Basil-Mozzarella Salad, Carrot Cake

Wednesday, May 24

SPANISH RICE, Steamed Green Beans, Fresh Apple Slices, Fresh Chocolate Chip Cookies

Monday, May 29

CLOSED FOR MEMORIAL DAY

Wednesday, May 31

PASTA FAGIOLA, Caesar Salad, Sliced Cantaloupe, Cannoli

Monday, June 5

CHICKEN SALAD ON WHOLE WHEAT PITA WITH LETTUCE, Fresh Carrot Sticks, Vegetable Soup, Coffee Ice Cream with Chocolate Cookies

Wednesday, June 7

MUSHROOM & SWISS QUICHE, Green Bean Salad, Beef-Barley Soup, Buttermilk Biscuits, Fresh Frozen Fruit Pops

Monday, June 12

SPINACH & CHICKEN FETTUCINI ALFREDO with Tomato-Mozzarella Salad, Tapioca Pudding

Wednesday, June 14

Turkey Hot Dogs, Sweet Potato Fries, Baked Beans, Pickle, Chocolate Chip Ice Cream Sandwiches

Monday, June 19

CLOSED FOR JUNETEENTH

Wednesday, June 21

Baked Pork Chops, Butternut Squash, Oven-Roasted Red Potatoes, Vanilla Layer Cake

Monday, June 26

Turkey Burgers with lettuce and tomatoes on whole grain bun, steamed asparagus, warm Brownies with whipped cream

Wednesday, June 28

Linguini with White Clam Sauce, Minestrone Soup, Tossed salad and Strawberry Ice Cream with Fresh Strawberries

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.



MAY: ELDER LAW FOR COUPLES—

While you are both alive, you as a couple have unique opportunities to plan so that when one of you dies, the other can qualify for MassHealth, and when you both die, your family can avoid estate taxes. Elder law attorney Arthur Bergeron explains why you need to get this planning done before one of you dies.

JUNE: ELDER LAW FOR SINGLES—

Are you single? If you are incapacitated, who will manage things for you? What if you need to qualify for MassHealth? When you die, is it clear who will take care of what? In this seminar, elder law attorney Arthur Bergeron addresses these and other issues that may affect you and your loved ones.

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: May 22nd & June 26th** 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, May 9 And June 12 -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!

May 25— If I have a trust, do I need a will?
June 29 — What kind of planning do I need to do for my vacation home?

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.

GET YOUR SENIOR CENTER NEWSLETTER VIA EMAIL!

Help the Senior Center reduce our costs while enjoying the convenience of getting your newsletter via email! It's a Win-Win for all... Please call the Senior Center to have your name added to our email list!
Thank-you!

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	info@hollistonpantrysshelf.org	508-429-5392
DTA (SNAP)	https://www.mass.gov/orgs/departement-of-transitional-assistance	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!

Friday, May 5 from 1-2:30 pm
Tuesday, June 13 from 1-2:30 pm

Are you curious about Libby, the library's app that allows you to read or listen on portable devices with your library card? Do you have a Kindle or iPad and want to know how to borrow ebooks instead of buying them? Dreaming of listening to audiobooks on your smartphone this summer walking along the beach?

Spend time with Tammy and Jen from the Holliston Library and we will show you how easy it is! Bring your library card, PIN, and all devices that you want to use. In addition we'll talk about streaming offerings like Hoopla (ebooks, downloadable audiobooks, music, television series, and movies that are always available) and Kanopy which also offers movies.

Call 508-429-0622 to sign up!

++ The Library will be hosting "Movies at Noon" in the Library conference room: May 16 and June 20. ++

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



Friday Craft Group

* Friday, May 12th at 9:30

Interested in joining the Crafter Group? **Project Brainstorm**—Have ideas and projects to suggest? Join us for a light, continental breakfast as we brainstorm new projects, programs & ideas!



* Friday, June 16th at 9:30

Interested in learning how to do "Quilling"? Join us along with The Quilling Card Company as we create beautiful, hand-quilled cards. This popular class, will fill up fast, so call to reserve your spot. \$3/person. Limit: 10ppl.

BOOK CLUB



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

May 12: "Silent Spring" by Rachel Carson

June 9: "Looking for a Good Book?" Join Lorna Ruby, lifelong book enthusiast & book buyer from Wellesley Books for an entertaining & insightful presentation. She'll discuss a broad array of new, fiction & non-fiction titles and will bring samples to show and offer for sale.

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

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 9:30am, 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!

Cost \$3.00 Donation

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!



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 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!

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"> • Milford • Mendon • Hopedale • Upton • Franklin • Medway • Millis • Holliston 	<ul style="list-style-type: none"> • Natick • Framingham • Ashland • Southborough • Holliston • Hopkinton 	<p>Market Basket in Bellingham</p> <ul style="list-style-type: none"> • Milford • Medway • Mendon • Hopedale • Upton • Franklin • Medway • Millis • Holliston 	<p>Market Basket in Ashland</p> <ul style="list-style-type: none"> • Natick • Framingham • Ashland • Southborough • Holliston • Hopkinton 	<ul style="list-style-type: none"> • Holliston Errands and Appointments Only

"Every May, the Administration for Community Living leads the nation's observance of Older Americans Month (OAM). The 2023 theme is **Agng Unbound**, which offers an opportunity to explore diverse aging experiences and discuss how communities can combat stereotypes. Join us in promoting flexible thinking about aging – and how we all benefit when older adults remain engaged, independent, and included."



Senior Center Staff (508) 429-0622

Lisa Borchetta, Director x212... borchettal@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 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 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.



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: May 18th and June 15th

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.

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.

Town of Holliston
COA/Senior Center
150 Goulding Street
Holliston, MA 01746
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Holliston Senior Center — May / June 2023

Fall Fair / Yard Sale

**Saturday September 9, 2023;
9 am—3 pm**

Start saving: Jewelry, linens, pictures / frames, craft items, pocketbooks, household items, etc.

Please do not bring: Upholstered /Large furniture, baby car seats, children’s items with fabric, TV’s/large electronics, large exercise equipment, glassware, cups, dishes.

Contact Sheila Joslin
(Sheiladjoslin@gmail.com) for more information and / or to volunteer.



All Aboard!!



**HOLLISTON/SHERBORN SENIOR CENTER
PRESENTS
ESSEX STEAM TRAIN & RIVERBOAT**

**~Thursday, October 19, 2023 ~
\$145.00 Per Person**

Your Motor Coach Departs:
8:30am Sherborn Senior Center
8:45am Holliston Senior Center

Trip Includes: Roundtrip Transportation, Plated Lunch, Train & Riverboat

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

For Reservations Please Contact:

The Holliston Senior Center call 508-429-0622 or

The Sherborn Senior Center 508-651-7858

Full Payment & Meal Choice Due Upon Reservation. No refunds.

Reserve by September 28

TRIP OPERATED BY BLOOM TOURS