



HOLLISTON SENIOR CENTER NEWS

Holliston Senior Center

May / June 2022

Wow, it has been a year already!!! When I sat down to write my note to you for the May/June newsletter, I recognized that the date marked my one year anniversary as the Director of the Holliston Senior Center. That went fast... and, I guess I can officially stop calling myself the "new Director" now!

It has been a whirlwind of a year full of building new relationships, learning, growth, introductions, adjustments and numerous, funny, lovely and heartwarming moments. While my temptation is to look back on all of the learning and changes that have happened over this last year – I am also excited to look forward to some of the new happenings at the Senior Center. In particular, I wanted to welcome our two newest staff members and announce our upcoming 55+ Survey.



First...our new additions: Welcome, welcome to Melicia DaCosta, Outreach and Transportation Coordinator and Stephen Whitermore, Senior Center Van Driver. We are very happy to have you both on board. Melicia (pronounced: Ma-lee-see-a) is a wonderful new addition to the center's core, full time staff. She brings a deep interest in helping others, a wealth of knowledge about area services and resources, and an MS degree in Management with a concentration in Elder Care from Lasell University. Please stop by and say "hello" the next time you are at the center. Stephen Whitermore, our new Relief Van Driver, is retired from his career as a finance and credit manager and an accounting specialist. Himself, a Holliston resident, he's looking forward to giving back to the community and having the opportunity to meet our members. Please give him a warm welcome if you see him on the van or around the center.

And second... an exciting opportunity for you to have your voices heard. The Holliston Senior Center received a grant from the MetroWest Health Foundation which combined with additional ARPA funding from the Town of Holliston, will allow us to conduct a comprehensive survey of Holliston's 55+ population. The survey is being conducted by the University of Massachusetts - Boston, Gerontology Institute's - Center for Social and Demographic Research on Aging. (I know, it's quite a mouthful!). We feel very fortunate to have this world class institution right in our backyard and look forward to learning from everyone. Our hope is to reach a broader swath of the town's 55+ population, who we serve. We hope to learn from the results and use the data to help our programs and services best meet the needs and interests of the community at large. In addition to the 55+ residents, we will be seeking input from various, important community stakeholders whose voice and perspective is also valued. So stay tuned for more in the upcoming weeks and months ahead – as we share more about the study and how you can help!

Please note – that this is a different survey from the Envision Future Holliston survey, which some of you may have participated in... your voice is still needed!!!

Stay tuned and enjoy the warming days,

Lisa (Lisa Borchetta, Director)

This is a friendly reminder to please swipe your Senior Center card whenever you visit our center!

Swiping your card allows us to take attendance for all the classes, meals and events we host at our Center. Attendance data is vital to receiving the funding that makes programs at our Center possible! A small gesture goes a long way! *Don't have a card? Be sure to ask for one at the reception desk!* Thank you!

ANNUAL FALL FAIR



Saturday, September 10th, 2022

Collection of donations will begin Tuesday, July 12th from 10am to 1pm and continue on Tuesdays and Thursdays. All items must be in clean, sellable condition.

If you are interested in volunteering in the summer or on the day of the Fall Fair, call the Center at 508-429-0622. We'd love to have you!

Important Calendar Notes

- The Center will be CLOSED
- ◇ May 30 in Observance of Memorial Day
- ◇ June 20 in Observance of Juneteenth

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

Senior Center Hours

Monday—Thursday
9:00 am to 4:00 pm
Friday
9:00 am to 3:00 pm



IMPORTANT NOTE

All events are subject to change if COVID Guidelines change

SUMMER SIZZLER

Monday, June 6th—12:00pm

Choose between a lobster roll or full belly clam roll served with clam chowder, fresh sides and strawberry shortcake. Tuna Roll or Egg Salad Roll can be substituted. \$8.00 donation requested.

You must sign up in advance by calling the Senior Center at 508-429-0622. Be sure to reserve your spot by May 31st!

Performance BY Ron Rizzo who specializes in modern and classic Rock, Pop and R&B. Performance generously sponsored by *The Willows at Medway, Salmon Health and Retirement*

SUMMER KICKOFF COOKOUT!

Wednesday, May 18th at 12:00pm

Enjoy Burgers, Hotdogs and Fresh Salads to kickoff the start of summer!

Folksinger and Storyteller Tim Van Egmond will be performing "Songs & Tales of the Season." He accompanies himself on guitar, hammered dulcimer, mountain dulcimer and limberjack. Tim's performance is made possible thanks to *The Holliston Cultural Council*.

\$4.00 Donation Requested.

Please sign up by calling 508-429-0622.

Deadline to sign up is May 11th.



Join the Holliston Senior Center in recognizing PRIDE Month in June

Wednesday, June 15th at 1pm

In Collaboration with *BayPath Elder Services*, our Center is pleased to screen *Gen Silent*, a 2010 documentary film, directed and produced by Stu Maddux.

This powerful documentary follows six LGBT elders around Greater Boston and reveals their challenges, fears, hopes, and triumphs. A guided discussion with Julie (BayPath's LGBTQ+ Initiative Coordinator) will follow the film. Please call to sign up—508-429-0622!

Refreshments will be served.

Run Time: Approx. 60min.



Coffee with Holliston Police



Tuesdays, May 3rd and June 7th at 2:00pm

IMPORTANT CHANGES !

Respecting Sergeant Remkus' and Officer Ciavarra's schedules, this program will now take place on the FIRST TUESDAY of the month from 2PM to 3PM.

Please call the Senior Center to sign up at 508-429-0622. Please also provide a topic or question you would like the officers to cover.



LIONS CLUB ANNUAL SENIOR CENTER COOKOUT

Saturday, June 25, — 12:00pm

FREE

A huge thank you to the Holliston Lions for once again hosting this free cookout for the Seniors of Holliston.

Please sign up by calling the Senior Center at 508-429-0622 before June 21

RESCHEDULED!

VFW & American Legion Annual Roast Beef Dinner



Sunday, May 15, 2022—12:00pm

NO CHARGE, a donation to the Holliston Food Pantry would be appreciated

Please register by May 9th by calling the Senior Center at 508-429-0622

Dr. Gary Hylander presents...

June 21st at 2:00pm

We are pleased to invite Dr. Gary Hylander back to our Center in June. He will present "The Declaration of Independence"



Presentation kindly sponsored by *Timothy Daniels House*

Please sign up by calling our receptionist at 508-429-0622

May is Older Americans Month

To celebrate Older Americans month, we are asking all visitors to take a moment to share some of their favorite memories from their youth for a Holliston Senior Center community display. Take a moment to share your reflections and enjoy hearing about those of others. Your shared memories make beautiful treasures and connections from past to present.

Stop by the display to add your memories!



CRAFT CLASSES

Adorable Beehive

BEE happy! This is the buzz. Make an adorable beehive with us! Just like honey, this class will get sticky because we'll be using glue to put our beehives together!

Date: Friday, May 13 at 9:30am

Cost: \$4



Sunflower Door Hanger

Hello Sunshine! We will make a sunflower for you to hang wherever you please. Simple, one-stroke painting technique. Make sure to wear old clothes because we will be painting!



Date: Friday, June 10 at 9:30am

Cost: \$4

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

Lunch and a Movie

Last Thursday of the Month —12:00 PM

Soup and Salad or Sandwiches will be served along w/ movie snacks!

Thursday May 26th

“Minari” — PG-13 — 2020 — Drama — 1h 55m

A tender and sweeping story about what roots us. A Korean-American family moves to an Arkansas farm in search of their own American Dream. Amidst the challenges of this new life in the strange and rugged Ozarks, they find the undeniable resilience of family and what really makes a home.

Thursday June 30th

“A Man Called Ove” —PG-13 — 2015 — Drama/Comedy —1h56m
The movie is Swedish so there will be English subtitles

Ove, an ill-tempered, isolated retiree who spends his days enforcing block association rules and visiting his wife's grave, has given up on life just as an unlikely friendship develops with his boisterous new neighbors. A feel-good story and thoughtful exploration of the profound impact one life has on countless others. It will make you laugh and cry and sometimes both.

\$3 donation requested. You must sign up 1 week in advance.

Please call 508-429-0622.

EMERGENCY PREPAREDNESS INFO SESSION by Holliston’s Fire Chief, Michael Cassidy

May 31st at 1:00pm, Call to sign-up 508-429-0622

Chief Cassidy will be hosting an info session where he will share emergency preparedness tips for older adults. Thanks to a state preparedness grant, attendees will be given a free Go Bag (one per household), to enhance their personal preparedness.



Michael R. Cassidy
Fire Chief and Emergency
Management Director

Emergency Preparedness experts agree that the best way to protect yourself from severe weather is to have advanced warning of the storm and, if you live in an area likely to be severely impacted, evacuate to a safe location before the worst of the storm.

While there are countless lists available online detailing items that can ease an evacuation, preparing a Go Bag for older adults with more specialized medical needs and limited mobility presents its own challenges.

Experts suggest packing enough supplies in a Go Bag to last an individual three days; including water, food and medication, as well as additional items like weather radios, flashlights and batteries, and clothing. These items are all useful, but a Go Bag can become impractically heavy as you add non- essential items.

One way to avoid over packing is to divide your items into two smaller bags – one with light, essential items you must have at all times (medical supplies, identification, short-term supplies and communication/legal materials), and a second bag with bulkier items (clothing, comfort and heavier supplies) that, while useful, can be left behind if forced to move quickly.

Any time you repack a Go Bag, be sure to test the weight and imagine you are going to the airport: can you reasonably carry these items for several hours?



Sergeant Remkus and Officer Ciavarra
Elder Affairs Officers

DRUG TAKE BACK PROGRAM

The Holliston Police Department works in conjunction with the Drug Enforcement Administration (DEA) to collect unwanted or unused medications. The Holliston Police Department has a large receptacle for these drugs located in the public lobby between the training room and public interview room. The receptacle is green and metal. The purpose of the program is for the public to have the ability to safely discard unwanted medications and keep them out of unwanted hands.

One type of medication to get rid of is expired medications because they can become dangerous once they go past their expiration date. Another medication to discard would be unused medications. An example of this would be if your doctor told you to stop a certain medication prior to it being finished. It is important to bring these medications in for you and your loved ones.

Once you bring your medications to the station, deposit them in the receptacle. If you used a bag to bring the medications to the station, we politely ask you take your bag with you. The only medications we do not take are the following: Lotions, Sharps (knife, scalpel, etc..) Needles, Inhalers, Ointments, or any kind of Liquid. If the receptacle is full, tell the dispatcher on duty so we can empty it. The process to empty it takes a bit and we politely ask you to return another day to try to deposit your medication.

On April 30, 2022, between 10 am - 2 pm we will have three officers on duty to assist with the drug take back program. This is our big day where we try to accommodate everyone coming to the station. Thanks for reading and be safe.

Respectfully,
Officer Ciavarra & Sergeant Remkus

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

Last 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.

Blood Pressure Clinic

Tuesdays, 9:00-10:00 am
Free Blood Pressure Monitoring
every Tuesday morning by a
registered nurse. No apt necessary.

Book Club

Second Friday of the Month
1:00 pm
Join 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.

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 10.

Legal Hour with Jay Marsden

Second Tuesday 10:00 am
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 1st
10:00 am -12:00 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 \$35.00 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!

Lunch and a Movie

Last Thursday of the month
12:00 pm
(\$3.00 Donation Requested)
Join us for a new movie each
month, paired with delicious
soups, salads or sandwiches.

Ukulele Jam Session

Thursdays 2-3:30pm
Join others and have fun singing
and making music with
the ukulele!

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.

Watercolor

Thursdays, 2:00-4:00 pm
(\$4.00 Donation Requested)
Instructor: Brenda Goldman
Each week, paint along with your
instructor, Brenda, as she guides
you through your Watercolor
painting experience. Experience
live demonstrations and lots of
individual instruction.

Friday Crafters

Fridays 9:30-12:00 pm
Open to all types of sewing,
knitting and crafts! Our craft
group is happy to help you on
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.

Tune Timers Band

Fridays, 1:00-4:00 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
a cookbook, 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.

Health and Exercise Classes

A \$4 donation is requested for 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 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 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 begins 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 at center.

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, 9:30AM

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. In-person at center.

UKELELE JAM SESSION/ SING ALONG

*Beginning May 12th, Thursdays 2—3:30pm
With Facilitator, George Chapman*

Want to get together with people and have fun playing the ukulele? Well here's your chance! We'll gather weekly to make music, sing songs, and have lots of FUN.

Don't play a musical instrument or have any musical skills? That's not an issue, the ukulele is a (relatively) easy instrument to play.

Don't have a ukulele? You can buy a beginner's kit starting around \$35.

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

If you need extra help before the class begins (selecting a ukulele, tuning the ukulele, holding the ukulele and/or making chords) let the receptionist know. Limited spots for a pre-class tutoring session will be arranged.

No practice necessary — just have fun!

\$3 suggested donation to the Senior Center



Monthly Breakfast

May 10th & June 14th at 9:00am
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.

New Seminar by Attorney Jay Marsden

"Celebrity Probate: Learn what not to do from the celebrities' mistakes"

June 7th at 1pm

Please call the Center to sign up at 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.

May 13: American Princess : A Novel of First Daughter Alice Roosevelt by Stephanie Marie Thornton

June 10: Loving Frank by Nancy Horan

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





JEWISH AMERICAN
Heritage Month



OLDER AMERICANS MONTH

May 2022



NATIONAL MILITARY APPRECIATION MONTH






ASIAN PACIFIC ISLANDER HERITAGE MONTH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>9:30 Coloring and Coffee 11:00 Yoga 12:00 Weekly Lunch*** 1:30 Tai Chi 1:30 Game Day</p>	<p>3</p> <p>9:00 Blood Pressure Clinic 10:00 Writers' Group 10:30 Energy Focus Movement 12:30 Zumba Gold 2:00 Coffee with Holliston Police***</p>	<p>4</p> <p>9:30 Walking Fitness 11:00 Yoga 12:00 Weekly Lunch*** 1:00 BINGO</p>	<p>5</p> <p>9:00 Pilates (Zoom) 10:30 Energy Focus Movement 12:30 Photography 2:00 Watercolor Class</p> 	<p>6</p> <p>9:30 Friday Crafters 1:00 Tune Timers</p>
<p>9</p> <p>9:30 Coloring and Coffee 11:00 Yoga 12:00 Weekly Lunch*** 1:30 Tai Chi 1:30 Game Day</p> 	<p>10</p> <p>9:00 Blood Pressure Clinic 9:00 Monthly Breakfast*** 10:00 Legal Hour w/ Attorney Marsden*** 10:30 Energy Focus Movement 12:30 Zumba Gold</p>	<p>11</p> <p>9:30 Walking Fitness 11:00 Yoga 12:00 Weekly Lunch***</p>	<p>12</p> <p>9:00 Pilates (Zoom) 10:30 Energy Focus Movement 12:30 Photography 2:00 Watercolor Class 2:00 Ukulele Jam Session***</p>	<p>13</p> <p>9:30 Beehive Craft Project*** 1:00 Tune Timers 1:30 Book club</p>
<p>16</p> <p>9:30 Coloring and Coffee 11:00 Yoga 12:00 Weekly Lunch*** 1:30 Tai Chi 1:30 Game Day</p> <p>   </p>	<p>17</p> <p>9:00 Blood Pressure Clinic 10:30 Energy Focus Movement 12:30 Zumba Gold 1:00 Fall Prevention Presentation on Balance***</p>	<p>18</p> <p>11:00 Yoga 12:00 Summer Kickoff Cookout***</p> <p><i>**Walking fitness cancelled and BINGO rescheduled to next week due to cookout</i></p>	<p>19</p> <p>9:00 Pilates (Zoom) 9:30 Veterans Coffee Hour*** 10:30 Energy Focus Movement 12:30 Photography 2:00 Watercolor Class 2:00 Ukulele Jam Session</p>	<p>20</p> <p>9:30 Friday Crafters 1:00 Tune Timers</p> <p><i>Lions Club Brown Bag Lunch on Saturday!</i></p>
<p>23</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>24</p> <p>Center will be closing early at 10:30am <i>Blood Pressure, Energy Focus and Zumba will be cancelled or rescheduled. Check with your instructor for details.</i></p>	<p>25</p> <p>9:30 Walking Fitness 11:00 Yoga 12:00 Weekly Lunch*** 1:00 Health Plan Options Seminar*** 1:00 BINGO</p> 	<p>26</p> <p>9:00 Pilates 9:30 Java with Jay*** 10:30 Energy Focus Movement 12:00 Lunch and a Movie*** 12:30 Photography 2:00 Watercolor Class 2:00 Ukulele Jam Session</p>	<p>27</p> <p>9:30 Friday Crafters 1:00 Tune Timers</p>
<p>30</p> <p>CLOSED FOR</p> 	<p>31</p> <p>9:00 Blood Pressure Clinic 10:30 Energy Focus Movement 12:30 Zumba Gold 1:00 Emergency Preparedness Info Session with Chief Cassidy***</p>	<p>May is Older Americans Month! Don't forget to stop by the Senior Center's community display to reflect and share some of your favorite memories!</p>	<p>***RESERVATIONS ARE REQUESTED IN ADVANCE. CALL THE SENIOR CENTER AT 508-429-0622</p>	



June 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>***RESERVATIONS ARE REQUESTED IN ADVANCE. CALL THE SENIOR CENTER AT 508-429-0622</p>		<p>1</p> <p>9:30 Walking Fitness 10:00 Podiatry Appointments*** 11:00 Yoga 12:00 Weekly Lunch*** 1:00 BINGO</p>	<p>2</p> <p>9:00 Pilates (Zoom) 10:30 Energy Focus Movement 12:30 Photography 2:00 Watercolor Class 2:00 Ukulele Jam Session***</p>	<p>3</p> <p>9:30 Friday Crafters 1:00 Tune Timers</p>
<p>6</p> <p>11:00 Yoga 12:00 SUMMER SIZZLER*** 1:30 Tai Chi</p> <p><i>Coloring and Coffee and Game Day Cancelled due to Summer Sizzler</i></p>	<p>7</p> <p>9:00 Blood Pressure Clinic 10:00 Writers' Group 10:30 Energy Focus Movement 12:30 Zumba Gold 1:00 "Celebrity Probate" with Attorney Marsden*** 2:00 Coffee with Holliston Police***</p>	<p>8</p> <p>9:30 Walking Fitness 11:00 Yoga 12:00 Weekly Lunch***</p>	<p>9</p> <p>9:00 Pilates (Zoom) 10:30 Energy Focus Movement 12:30 Photography 2:00 Watercolor Class 2:00 Ukulele Jam Session***</p>	<p>10</p> <p>9:30 Sunflower Craft Project*** 1:00 Tune Timers 1:30 Book Club</p>
<p>13</p> <p>9:30 Coloring and Coffee 11:00 Yoga 12:00 Weekly Lunch*** 1:30 Tai Chi 1:30 Game Day</p> <p><i>Lions Club Brown Bag Lunch on Sunday!</i></p> 	<p>14</p> <p>9:00 Blood Pressure Clinic 9:00 Monthly Breakfast*** 10:00 Legal Hour w/ Attorney Marsden*** 10:30 Energy Focus Movmt 12:30 Zumba Gold</p> 	<p>15</p> <p>9:30 Walking Fitness 11:00 Yoga 12:00 Weekly Lunch*** 1:00 BINGO 1:00 Screening of Gen Silent in honor of Pride Month***</p>	<p>16</p> <p>9:00 Pilates (Zoom) 9:30 Veterans Coffee Hour*** 10:30 Energy Focus Movement 12:30 Photography 2:00 Watercolor Class 2:00 Ukulele Jam Session***</p>	<p>17</p> <p>9:30 Friday Crafters 1:00 Tune Timers</p>
<p>20</p> <p>CLOSED IN OBSERVANCE OF JUNETEENTH</p> 	<p>21</p> <p>9:00 Blood Pressure Clinic 10:30 Energy Focus Movement 12:30 Zumba Gold 2:00 Gary Hylander***</p>	<p>22</p> <p>9:30 Walking Fitness 11:00 Yoga 12:00 Weekly Lunch***</p>	<p>23</p> <p>9:00 Pilates (Zoom) 10:30 Energy Focus Movement 12:30 Photography 2:00 Watercolor Class 2:00 Ukulele Jam Session***</p>	<p>24</p> <p>9:30 Friday Crafters 1:00 Tune Timers</p> <p> <i>Lions Club Cookout on Saturday!</i></p>
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HOLLISTON SENIOR CENTER MONDAY AND WEDNESDAY LUNCH MENU

May—June 2022

Monday, May 2nd

PARMESAN-CRUSTED CHICKEN, Caesar Salad,
Rice Pilaf, Corn, Chocolate Cake

Wednesday, May 4th

SHEPHERD'S PIE, Chicken Soup, Carrots, Tapioca
Pudding

Monday, May 9th

LASAGNA, House Salad, Peas, Garlic Bread,
Cheesecake

Wednesday, May 11th

SWEET AND SOUR PORK, Miso Soup, Vegetable
Fried Rice, Broccoli, Brownie

Monday, May 16th

FINGER SANDWICHES (Egg Salad, Tuna, Ham &
Cheese), Potato Salad, Pickles, Cookies

Wednesday, May 18th

SUMMER KICKOFF COOKOUT —
Burgers, Hotdogs, Fresh Salads, Dessert (*Suggested
donation: \$4.00*)

Monday, May 23rd

CHICKEN A LA KING OVER BISCUITS, Tossed
Salad, Mixed Vegetables, Apple Pie

Wednesday, May 25th

BAKED HADDOCK, Clam Chowder, Oyster
Crackers, Carrots, Banana Bread

Monday, May 30th — CLOSED for Memorial Day

Wednesday, June 1st

MAKE YOUR OWN TACOS, Gazpacho
Soup, Rice & Beans, Corn, Jell-O

Monday, June 6th

TUNA NOODLE CASSEROLE, Tossed
Salad, Cauliflower, Assorted Pastries

Wednesday, June 8th

EGGPLANT PARM SANDWICH,
Macaroni Salad, Carrot Sticks, Lemon
Cake

Monday, June 13th

SUMMER SIZZLER—
Lobster Roll or Fully Belly Clam Roll
(Egg Salad or Tuna Roll on request),
Clam Chowder, Potato Salad, Cole Slaw,
Strawberry Shortcake (*Suggested
donation: \$8.00*)

Wednesday, June 15th

AMERICAN CHOP SUEY, Tossed
Salad, Green Beans, Garlic Bread, Fruit
Pie

Monday, June 20th — CLOSED for Juneteenth

Wednesday, June 22nd

BEEF AND BROCCOLI STIR FRY,
Vegetable Soup, Clementine, Pudding

Monday, June 27th

STUFFED SHELLS WITH MEAT-
BALLS, Caesar Salad, Mixed Vegetables,
Cake

Wednesday, June 29th

BBQ CHICKEN, Cole Slaw, Mac and
Cheese, Cupcake

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 passes, the other can qualify for MassHealth, and when you both pass, your family can avoid estate taxes. Elder law attorney Arthur Bergeron explains why you need to get this planning done.

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 someday pass, 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.



Estate Planning & Wealth Management with Attorney Jay Marsden

Helping clients plan and secure their legacy for future generations.

Tuesdays, May 10th & June 14th —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 min 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 call-in number/link. *Please call the Senior Center at 508-429-0622 to sign up!*

May 26 How to keep the Use of your Money on Medicaid

June 30 How to Protect the Beach House

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 23rd and June 27th

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

SHINE — Serving the Health Needs for Everyone



High Prescription Drug Costs? Prescription Advantage May Help!

Prescription Advantage is a state assistance program which may lower the amount you pay for prescription drugs. Members are also allowed to join or change their Medicare drug plan or Medicare Advantage plan one time per calendar year. Eligibility is based on **income only and there is no asset limit!**

Who can join?

For **Massachusetts residents eligible for Medicare**, Prescription Advantage may provide secondary drug coverage if you are:

- 65 or older with an annual income at or less than \$67,950 for a single person or \$91,550 for a married couple OR
- Under 65 with a disability, with an annual income at or less than \$25,549 for a single person or \$34,423 for a married couple

The SHINE Program can help you apply for Prescription Advantage. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health and drug insurance programs. To schedule a SHINE appointment, call our Center at 508-429-0622. For other SHINE related matters, call 1-800-243-4636.

Resources For Services and Information

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

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 Gary Hylander's talk on MLK Jr, Matt Zettek's Sustainability presentations, and Hon. Justice Squires-Lee's talk on our judicial system. 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!

Meet Holliston's New Assistant Town Administrator, Kathleen Buckley!

We are pleased to introduce Kathleen Buckley, our new Assistant Town Administrator/ Human Resources Director for the Town. She has a background in Human Resources, government and communications and is very excited to be the first Assistant Town Administrator for Holliston. One of her initiatives is to provide more ways for residents and the Town to communicate with each other. Welcome Kathleen!

- ◇ Sign up for the first quarterly Town Newsletter called *Hometown Holliston* below. There will be an abbreviated printed version available at the Senior Center. <https://www.townofholliston.us/town-administrator/pages/town-administrator-newsletter>
- ◇ You can also tune in to HCAT to watch the new "Ask the TA" show featuring the Town Administrator answering your questions. Feel free to email any questions you may have to AsktheTA@holliston.k12.ma.us.
- ◇ Please use the link below to sign-up: <https://www.townofholliston.us/subscribe>
- ◇ Links to the Ask The TA show on HCAT: <https://www.townofholliston.us/town-administrator/pages/hcat-ask-the-ta-show>



Lions Club Weekend Brown Bag Lunches!



Saturday, May 21st and Sunday, June 12th
Seating at 11:30am



The Lions Club is excited to provide a lunch to any Senior and/or Veteran in town. LUNCH IS IN-PERSON AT THE SENIOR CENTER. Lunches will be a "brown bag" lunch, typically a sandwich, chips, drink and a sweet. Please sign up at least 3 days in advance by calling 508-429-0622.

New Donation Bin at our Center!

For Clothing, Shoes & Household Items

With the help of Matt Zettek, Holliston's Sustainability Coordinator, our Center can now take donations of clothes, shoes and small household items in a bright blue bin in our parking lot. Clothing can be used, but cannot be wet, moldy, or soiled in any form. Donations support *The Big Brother Big Sister Foundation* in youth mentoring across Massachusetts. Additionally, a percentage of proceeds from each pound of clothing sold will be donated to the Senior Center through the Senior Support Foundation (SSF). **It's a WIN WIN WIN—support children across MA, support the Senior Center, and help Reduce, Reuse and Recycle unwanted items to help the planet!**



Writers Group



We meet the first Tuesday of the month at 10am in the classroom. Come and share a morning of writing, and lively conversation.

May 3: May is a free write. What would you like to talk about?

June 7: A Wedding Memory, yours or someone else's

PODIATRY APPOINTMENTS



June 1st from 10am to 12pm

Dr. William Cooper has appointments on June 1st beginning at 10am. Reserve your time by calling the Senior Center at 508-429-0622. A fee of \$35 payable to Dr. Cooper is due at the time of your appointment. Checks should be made to Dr. Cooper.

Holliston Public Library News

The library has free and discounted passes to local museums, attractions and the state parks so stop by!

Upcoming Activities:

- ♥ **Morning Book Club** on May 2 and June 6
- ♥ **Mystery Book Club** on May 10 and June 14
- ♥ **History Book Club** on May 23 and June 27
- ♥ **Movie Mondays** on May 9 and June 13
- ♥ **Art in Bloom** w/ Holliston Garden Club May 19 to 21



Health Plan Options for Seniors

by Blue Cross & Blue Shield of MA



Wednesday, May 25, 2022— 1:00-1:45pm

Medicare can be confusing, so we designed an in-person seminar to help you be confident you're making the right health coverage decisions. This presentation is geared towards existing Medicare enrollees. It will focus on the differences between Medigap and Medicare Advantage plans, as well as understanding when you can switch plans. It also explains how Medicare Part D plans work.

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

CAN YOU HELP WITH THE COST OF THIS NEWSLETTER?

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

Name: _____

Address: _____ Town: _____ Zip: _____

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

IMPORTANT NOTE REGARDING TRANSPORTATION

As per Mass. Department of Transportation regulations, all passengers on public transportation, which includes our vans, must continue to wear a mask covering both the nose and mouth, at all times when on our vehicles. Disposable masks are available on the bus if you need one. At times your ride might be scheduled with a taxi, at the discretion of staff. If you have any questions, please call Melicia at the Senior Center 508-429-0622.

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

Senior Center Staff (508) 429-0622

Lisa Borchetta, Director x212 ... borchettal@holliston.k12.ma.us
 Amanda Boralessa, Assistant Director x218 ... boralessaa@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, and Stephen Whitermore
 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: TBD
 Treasurer: Carmen Chiango

Members: Millie Bedard, Frank Caron, Bob Malone, Georgia Papavasiliou

Associate Members: Janet Alexander, Lynn Bajdek, 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.

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 10:00 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 2022

The Basics of Balance:

Learn How Your Body Maintains Balance and
How to Improve Balance and Prevent Falls



Join Dr. Monica Brum PT, DPT from
Connections Physical Therapy May 17th at
1:00pm to learn about how we can maintain
and improve our balance as we age.

*"Balance can ALWAYS be improved and your
risk of falling can ALWAYS be reduced."*

Contact Us

Give us a call for more
information about our
programs, 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)
[Like us on Facebook](#)

DAY TRIP IN AUGUST!



Maine's Famous "Bull and Claw" Lobster Bake

August 10, 2022

Tour Cost: \$99.00 per person

Departure Time: 8:15AM from
Holliston Senior Center

Tour Includes: Lobster Bake at The
"Bull and Claw" in Wells (Entrée
Choice: Maine Lobster, Prime Rib,
Chicken), tour the Maine Coast,
Scenic Ogunquit for shopping,
"When Pigs Fly" Bakery in Kittery

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

*Fulfilled by Fox Tours and in partnership with
the Sherborn Senior Center*

Important Note from the Massachusetts Office of Public Safety and Security

EOPSS urges MA residents who
rely on older technology to plan for
the potential loss of cellphone use,
specifically 911 by the end of
2022. Mobile carriers are retiring
3G technology to add bandwidth
for faster and more reliable
networks, such as 5G.

If a mobile phone is more than
several years old (e.g., older than
an iPhone 6 or Samsung Galaxy
S4), the phone may require an
upgrade before carriers eliminate
3G technology. Contact your local
mobile carrier or visit their website
to determine if a new device or
software upgrade is necessary.

The Walk MA Challenge Returns!

May 1—October 31

Run, jog, or walk and
earn chances to win
prizes for you and our
Senior Center! This
intergenerational
challenge is open to
ages 5 and up who
'sponsor' an older adult.
No fundraising needed.
Participants register and
track progress online.

*Register at
www.walkmachallenge.com
Sponsored by MCOA*

Donating and Borrowing Medical Equipment

Our Center is proud to take donations of brand new and gently used
durable medical equipment. This equipment is available to any
resident who needs it, whether on temporary or long term basis.

Equipment includes:

-Wheelchairs

-Transfer Chairs

-Shower Seats

-Rollators

-Crutches

-Sock Aides

-Reachers

-Comodes

-Tub Transfer Benches

-Canes

-Walkers

Please ensure equipment is clean/sanitized and not broken

Call our Center and ask for Melicia, if interested 508-429-0622

