



HOLLISTON SENIOR CENTER NEWS

Holliston Senior Center

March / April 2022

Spring is at our doorstep...

As New Englanders, we are always a bit cautious about celebrating the arrival of spring too early because we've all witnessed those surprises, April snowstorms and below freezing mornings one too many times. But happily, Mother Nature's "practical jokes" always give way to buds on the trees, robins' songs and the rise of crocuses from the thawing ground. How lucky we are to live in an area surrounded by little bits of wonder and rebirth. Throughout history and across cultures and religions the start of spring is welcomed and celebrated. Spring holidays and celebrations focus on renewal and rebirth – and often we are drawn to reconnecting with the world outside our window. So why not use this season of rebirth to expand your horizons and try something new?



The Senior Center is happy to offer opportunities for you to explore new interests. Maybe you'll decide to join one of our fitness classes: Energy-Focus-Movement, Yoga, Zumba Gold, Tai Chi, Pilates or our Walking Group. Classes are available at a variety of skill levels and can be accessed either in-person or virtually. Looking for something else? Join an interest group: Coffee and Coloring, Photography, Game Day, Lunch and a Movie, Craft Group, or join us for a lecture, live music or a stroll through our fabulous Bookstore or Good as New Shoppe. Did you know that there are typically 20-25 different events and programs that offer a broad array of opportunities to learn, grow and connect, every week? Opportunities for volunteer involvement are also available.

As the Earth awakens from her slumber and opens her eyes to a new season, allow yourself to begin again with new focus and new energy. It is a process that is ongoing and always available to you, so why not take advantage of this time of renewal that we all share? Now is as good a time as any to celebrate your own life and begin anew.

Happy spring!

Lisa (Lisa Borchetta, Director)

Important Calendar Notes

The Center will be CLOSED
◇ April 18—Patriots Day

Remember to set your clocks forward 1 hour — Daylight Saving Time starts on March 13th!

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



FRIENDLY REMINDER

Face Masks are required at the Senior Center



IMPORTANT NOTE

All events are subject to change if COVID Guidelines change

HOLLISTON's 55+ SURVEY IS COMING SOON!



Stay tuned for details. We need your voice!

APRIL IS VOLUNTEER APPRECIATION MONTH!

A WARM THANK YOU TO ALL OF OUR DEDICATED VOLUNTEERS FOR EVERYTHING YOU DO TO MAKE OUR SENIOR CENTER A WONDERFUL PLACE TO BE!

The COA Board, Senior Support Foundation, SHINE, Kitchen and Special Event Volunteers, Reception, Group Leaders, Bread Pick-up, Fall Fair & more!



Please join the Senior Center in welcoming our newest driver, Bruce Connolly!

Bruce will join our wonderful van driving team to get people to their appointments, the grocery store, pharmacy and more!



Join us in Congratulating HSC, Assistant Director - Amanda Boralessa for earning a Master's degree in Business Administration Wonderful!!!

Announcing the newly renamed, **MARIE THORNE & EDWINA KIRBY BOOKSHOP.**

Named after the two wonderful ladies who made the Senior Center's book shop what it is today. Marie and Edwina looked after the shop with great care and attention for which we are ever-grateful.



St. Patrick's Day Luncheon

With a performance by Roger Tincknell

Wednesday, March 23—12:00pm

**Join us for a traditional boiled dinner of
Corned Beef & Cabbage
\$6.00 Suggested Donation**

**You must sign up in advance by calling the
Senior Center at 508-429-0622. Be sure to
reserve your spot by March 16th!**

**Roger Tincknell will be performing his famous,
"Ireland to America," show, featuring sing-alongs,
ballads, instrumentals, step dancing and spoon
playing.**



Holliston's Sustainability Coordinator Presentations:

Topic: Energy, Saving Money and the Planet —March 15 at 11am
If you've ever wondered . . .

- a) if you are saving as much money as possible on your electric bill or
 - b) what all this clean energy talk is all about or
 - c) if there is more you can do to save money or help the environment when you are heating or cooling your home . . .
- then please bring your questions and thoughts, along with a recent electric bill if you'd like, to a presentation by the Town's Sustainability Coordinator, Matt Zettek.



Topic: All About Recycling —April 26 at 10am

If you've ever wondered . . .

- a) is this thing recyclable or
 - b) what happens to the things we put out for recycling or
 - c) if there is more you can do to help the environment and save money for the Town by reducing waste . . .
- then please bring your questions and thoughts to a presentation by the Town's Sustainability Coordinator, Matt Zettek. To help promote waste reduction, please also bring any textiles (clothing, footwear, linens) to the presentation as proceeds from materials collected will support the Senior Center.



PLEASE CALL TO SIGN UP 508-429-0622



Dr. Gary Hylander presents...

March 24 and April 7th, 1pm

We are pleased to invite Dr. Gary Hylander back to our Center for 2 presentations. He will present "The Boston Massacre" in March and "President Wilson and WWI" in April.

Presentation sponsored by Timothy Daniels House

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

Coffee with Holliston Police



Thursdays, March 3rd and April 7th 9:30am

We would like to thank all of the Holliston Police Officers who take time out of their busy schedules to join us to discuss topics and answer questions our community may have.

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



A Talk about our Judicial System

Debra A. Squires-Lee, Justice of the Superior Court
Friday, March 25 at 1:00 pm

March is National Judicial Outreach Month. The Commonwealth of Massachusetts Trial Court is sponsoring a program where a judge will speak at our Center about the importance of an impartial and independent judiciary.

HON. DEBRA SQUIRES-LEE was appointed to the Superior Court in 2018. Prior to her appointment, Judge Squires-Lee was a partner at the Boston law firm, Sherin and Lodgen, where she specialized in business litigation and legal malpractice defense. She served as a member of the Board of Bar Examiners for the Commonwealth, as co-chair of the Boston Bar Association's Business and Commercial Litigation Section, and as a member of the MA Lawyers Weekly's Editorial Advisory Board.

Please sign up in advance by calling the Center at (508) 429-0622

IN-PERSON SEMINAR WITH ATTORNEY BERGERON QUALIFYING FOR MASSHEALTH Wednesday, April 27 at 1pm

Attorney Bergeron will be visiting our center to give presentation on MassHealth. Whether you or a loved one needs nursing home care or needs a lot of care at home to avoid going to a nursing home, you can always qualify for Mass Health. Elder law attorney Arthur Bergeron shows you how.



Please call to sign up 508-429-0622

Thank you and Farewell, MARTY SCHNEIER

The Senior Center bids a fond farewell to Outreach and Transportation Coordinator, Marty Schneier. Marty always served our town residents with care and compassion and will be greatly missed. We appreciate all Marty has done to assist Holliston's seniors during her time here and send her best wishes on this next chapter.

While we search for a new Outreach and Transportation Coordinator, we are grateful to welcome back, Linda Marshall who will be working part-time at the center until a permanent replacement is found.

Thank you Marty and Linda!

Thank You!



CRAFT CLASSES

Adorable Easter Bunny

Join us to make adorable sock Easter Bunnies!
Watch them multiply!

Date: March 18 from 9:30 to 11:30am
Cost: \$4



Quilling Class offered by QUILLING CARD LLC

Come explore with Quilling Card® how to turn colorful paper strips into gorgeous works of art! From step by step guidance to expert tips & tricks, we will cover everything you need to know to create a beautifully quilled greeting card of your very own, to take as a keepsake or pass on as a meaningful handmade gift. No previous experience necessary.



Date: April 22 from 9:30 to 11:30am
Cost: FREE

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

Lunch and a Movie

Last Thursday of the Month –12:00 PM

Soup, Salad and Sandwiches will be served!

Thursday March 31st

“Here Today” – PG-13 – 2021

“Here Today” is a May-September romantic comedy - but without the romance. Veteran comedy writer Charlie Berns, who is slowly but surely losing his grip on reality, befriends a talented young New York street singer Emma Payge. Together, they form an unlikely yet hilarious and touching friendship that kicks the generation gap aside and redefines the meaning of love and trust.

Thursday April 28th

“Respect” –PG-13 – 2021

Following the rise of Aretha Franklin’s career from a young child singing in her father’s church’s choir to her international superstardom, "Respect" is the remarkable true story of the music icon’s journey to find her voice and become the Queen of Soul.

\$3 donation requested. You must sign up 1 week before.
Please call 508-429-0622.



Michael R. Cassidy
Fire Chief and Emergency
Management Director

Falls are the leading cause of death and injury to older adults and a common reason that people give up on independent living. As we age, our balance, strength and vision can begin to decline and navigating stairways, steps, stoops and landings can become increasingly difficult. While there are many effective accessibility solutions such as ramps and stair lifts that make getting into and around the home easier, many people with a modest decline in their mobility can benefit from simple modifications like handrails and grab bars.

Thanks to a partnership with the Holliston Fire Department, and its commitment to use funds from a Senior SAFE grant, we are launching a pilot program to install grab bars in the homes of older adults in our community who meet certain eligibility requirements. These bars would be provided at no cost to the resident.

If you would like to be considered for the program, please call the Senior Center at 508-429-0622 and leave your name and number. We will get in touch.



Sergeant Remkus and
Officer Ciavarra
Elder Affairs Officers

Hello from the Holliston Police Department. This month we would like to talk about security of your property. The main deterrent from falling victim to property crimes is securing your property. For instance, your car should always be put in a garage, if you have one and the garage should be locked. If you don't have a garage then the car should be locked and any valuables should be brought inside or hidden from viewable sight. People that break into cars often find vehicles unlocked in neighborhoods and rummage through them for valuables. No matter how safe you believe your community is, locking your vehicle is always a must.

Security for the home means clearing debris from the yard and trimming bushes around the house to allow easy viewing of your property. If you are taking a vacation or extended leave from your house, inform your neighbors and fill out a house check form with the police. This form gives police information about your house and allows police officers to check the property while you leave. No matter the length of time you are gone, a homeowner should always lock the doors and windows to their property to prevent easy accessibility to criminals. You should take photos of the valuables in your home to help police identify them if they are stolen and any serial numbers of valuables should be recorded as well. Secure valuables with safes, security deposit boxes and other devices to prevent theft.

The addition of a security system is a good deterrent with security system signage around the property. Homeowners can also purchase video cameras for the property and camera doorbells. Remember, if you purchase cameras, it is just as important to put cameras on the inside as well as the outside. The inside cameras allow police to get clearer pictures of criminals that gain access to your home and establish timelines. Good lighting around the property is important as well because it not only allows you to see around your property but police and neighbors as well. As always, remember to make sure your house number is easily identifiable from the street for emergency services to locate your house with ease.

If you have any questions about this subject, feel free to contact the Holliston Police Station in person or through phone or email. Thanks again and be safe.

Sergeant Remkus and Officer Ciavarra

Outreach Corner

I am delighted to be back, filling in for Outreach and Transportation, while the Center searches for a replacement for Marty. I too thank her for her work here, and wish her well in her next chapter. I am at the Center part-time, Tuesdays through Fridays, so please reach out with any needs you may have. I would also love it if you want to stop by, or call, to say hello.

-Linda Marshall



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

Mondays Mar 21 and April 25
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

Tuesdays, March 8 &
April 12 at 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

Fridays, March 11 &
April 8 1:30-3:00pm
On Friday, March 11, we will
review The Book of Lost Friends a
novel by Lisa Wingate. On April 8,
we will discuss The Night Tiger by
Yangsze Choo. The Holliston
Public Library can assist with
getting books and can be reached
at 508-429-0617. New members
are always welcome.

Writers' Group

Tuesdays, March 1 &
April 5
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.
March: "A Childhood Memory" or
"Spring"
April: A Poem for Nat. Poetry Month

Legal Hour with Jay Marsden

Tuesdays, March 8 & April 12 —
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, March 30
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

Thursdays, March 17 &
April 21 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—1:30 pm
(\$3.00 Donation Requested)
Join us for a new movie each
month, paired with delicious
soups, salads or sandwiches.

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. See the next page
for details! 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.

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.

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. 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, 9:30AM

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.



Monthly Breakfast

March 8th & April 12th 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.

Want to be more involved at the Holliston Senior Center?

- The Senior Center is hiring part-time van drivers. This is a paid position. Hours are flexible.
- Would you enjoy filming performances and events at our Senior Center? HCAT has offered to train anyone interested.
- The Senior Center is looking for volunteers for our reception desk, weekly lunches and 'Lunch and a Movie' lunches. We need both weekly volunteers and substitutes.
- Have a monthly or weekly club you would like to see at our center? Let us know your ideas!



Please call our center (508-429-0622) and ask for Amanda if interested.

THE GARDEN COMMITTEE IS LOOKING FOR YOU!



The Garden Committee is looking for volunteers this spring and summer. We will need help with

preparing the garden soil, planting veggies and a fixed schedule for watering during the summer months.

Please call 508-429-0622.

This is our 5th year and we can participate no matter what Covid does!



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 11: The Book of Lost Friends a novel by Lisa Wingate

April 8: The Night Tiger by Yangsze Choo

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



 WOMEN'S HISTORY MONTH		March 2022 "The Senior Center is the Place"			IRISH AMERICAN HERITAGE MONTH	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
RESERVATIONS ARE REQUESTED IN ADVANCE. CALL THE SENIOR CENTER AT 508-429-0622	1 9:00 Blood Pressure Clinic 10:00 Writers' Group 10:30 Energy Focus Movement 12:30 Zumba Gold	2 9:30 Walking Fitness 11:00 Yoga (Zoom) 12:00 Weekly Lunch 1:00 BINGO	3 9:00 Pilates (Zoom) 9:30 Coffee with Holliston Police*** 10:30 Energy Focus Movement 12:30 Photography 2:00 Watercolor Class	4 9:30 Friday Crafters 1:00 Tune Timers		
7 9:00 AARP Appointments 9:30 Coloring and Coffee 11:00 Yoga (Zoom) 12:00 Weekly Lunch*** 1:30 Tai Chi 1:30 Game Day	8 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 	9 9:30 Walking Fitness 11:00 Yoga (Zoom) 12:00 Weekly Lunch***	10 9:00 Pilates (Zoom) 10:30 Energy Focus Movement 12:30 Photography 2:00 Watercolor Class	11 9:30 Friday Crafters 1:00 Tune Timers 1:30 Book club		
14 9:00 AARP Appointments 9:30 Coloring and Coffee 11:00 Yoga (Zoom) 12:00 Weekly Lunch*** 1:30 Tai Chi 1:30 Game Day  Daylight Saving: Spring forward on Sunday!	15 9:00 Blood Pressure Clinic 10:30 Energy Focus Movement 11:00 Sustainability Presentation*** 12:30 Zumba Gold	16 9:30 Walking Fitness 11:00 Yoga (Zoom) 12:00 Planning for Medicare Webinar 12:00 Weekly Lunch*** 1:00 BINGO	17 9:00 Pilates (Zoom) 9:30 Veterans Coffee Hour*** 10:30 Energy Focus Movement 12:30 Photography 2:00 Watercolor Class Happy St Patrick's Day!	18 9:30 Easter Bunny Craft Class*** 1:00 Tune Timers		
21 9:00 AARP Appointments 9:30 Coloring and Coffee 10:00 Legal Advice w/ Attorney Bergeron*** 11:00 Yoga (Zoom) 12:00 Weekly Lunch*** 1:30 Tai Chi 1:30 Game Day	22 9:00 Blood Pressure Clinic 10:30 Energy Focus Movement 12:30 Zumba Gold	23 9:30 Walking Fitness 11:00 Yoga (Zoom) 12:00 St Patrick's Day Luncheon*** 	24 9:00 Pilates (Zoom) 10:30 Energy Focus Movement 12:30 Photography 1:00 Gary Hylander*** 2:00 Watercolor Class	25 9:30 Friday Crafters 1:00 Hon. Debra Squires-Lee talk*** 1:00 Tune Timers		
28 9:00 AARP Appointments 9:30 Coloring and Coffee 10:00 Legal Advice with Attorney Bergeron*** 11:00 Yoga (Zoom) 12:00 Weekly Lunch*** 1:30 Tai Chi 1:30 Game Day	29 9:00 Blood Pressure Clinic 10:30 Energy Focus Movement 12:30 Zumba Gold	30 9:30 Walking Fitness 10:00 Podiatry Appointments*** 11:00 Yoga (Zoom) 12:00 Weekly Lunch***	31 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			



April 2022

"The Senior Center is the Place To



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 Friday Crafters 1:00 Tune Timers</p> 
<p>4</p> <p>9:00 AARP Appointments 9:30 Coloring and Coffee 11:00 Yoga (Zoom) 12:00 Weekly Lunch*** 1:30 Tai Chi 1:30 Game Day</p>	<p>5</p> <p>9:00 Blood Pressure Clinic 10:00 Writers' Group 10:30 Energy Focus Movement 12:30 Zumba Gold</p>	<p>6</p> <p>9:30 Walking Fitness 11:00 Yoga 12:00 Weekly Lunch*** 1:00 BINGO</p>	<p>7</p> <p>9:00 Pilates (Zoom) 9:30 Coffee with Holliston Police*** 10:30 Energy Focus Movement 12:30 Photography 1:00 Gary Hylander*** 2:00 Watercolor Class</p>	<p>8</p> <p>9:30 Friday Crafters 1:00 Tune Timers 1:30 Book Club</p> 
<p>11</p> <p>9:30 Coloring and Coffee 11:00 Yoga 12:00 Weekly Lunch*** 1:30 Tai Chi 1:30 Game Day</p>	<p>12</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>13</p> <p>9:30 Walking Fitness 11:00 Yoga 12:00 Weekly Lunch***</p>	<p>14</p> <p>9:00 Pilates (Zoom) 10:30 Energy Focus Movement 12:30 Photography 2:00 Watercolor Class</p>	<p>15</p> <p>9:30 Friday Crafters 1:00 Tune Timers</p>
<p>18</p> <p>CLOSED IN OBSERVANCE OF PATRIOTS DAY</p> 	<p>19</p> <p>9:00 Blood Pressure Clinic 10:30 Energy Focus Movement 12:30 Zumba Gold</p>	<p>20</p> <p>9:30 Walking Fitness 11:00 Yoga 12:00 Weekly Lunch*** 1:00 BINGO</p>	<p>21</p> <p>9:00 Pilates 9:30 Veterans Coffee Hour*** 10:30 Energy Focus Movement 12:30 Photography 2:00 Watercolor Class</p>	<p>22</p> <p>9:30 Quilling Class by Quilling Card LLC*** 1:00 Tune Timers</p> 
<p>25</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>26</p> <p>9:00 Blood Pressure Clinic 10:00 Sustainability Presentation*** 10:30 Energy Focus Movement 12:30 Zumba Gold</p>	<p>27</p> <p>9:30 Walking Fitness 11:00 Yoga 12:00 Weekly Lunch*** 1:00 Qualifying for MassHealth, in-person seminar by Attorney Arthur Bergeron***</p>	<p>28</p> <p>9:00 Pilates 9:30 Veterans Coffee*** 9:30 Java with Jay*** 10:30 Energy Focus Movement 12:00 Lunch & a Movie*** 12:30 Photography 2:00 Watercolor Class</p>	<p>29</p> <p>9:30 Friday Crafters 1:00 Tune Timers</p>

HOLLISTON SENIOR CENTER MONDAY AND WEDNESDAY LUNCH MENU

March—April 2022

Wednesday, March 2nd

CHICKEN PARMESAN, Linguini, Caesar Salad,
Cupcake

Monday, March 7th

BAKED HAM, Chicken Noodle Soup, Mashed
Sweet Potatoes, Peas, Pudding

Wednesday, March 9th

BBQ MEATLOAF, Tossed Salad, Scalloped Potatoes,
Green Beans, Chocolate Cake

Monday, March 14th

TURKEY CLUB, Tomato Soup, Clementine,
Cheesecake

Wednesday, March 16th

HOT DOGS, Pasta Salad, Tossed Salad, Lemon Cake

Monday, March 21st

STUFFED CHICKEN BREAST, Vegetable Soup,
Cauliflower, Brownie

Wednesday, March 23rd

ST PATRICK'S DAY LUNCHEON —
CORNED BEEF AND CABBAGE, Carrot Cake
(Suggested donation: \$6.00)

Monday, March 28th

BROCCOLI CHICKEN ALFREDO w/ ZITI, Roll,
Grapes, Pastry

Wednesday, March 30th

BEEF w/ PEPPERS AND ONIONS, Hot and Sour
Soup, Rice, Cookies

Monday, April 4th

CHICKEN CACCIATORE, Spaghetti,
Caesar Salad, Broccoli, Jell-O

Wednesday, April 6th

BANGERS AND MASH, Chicken Soup,
Corn, Marble Cake

Monday, April 11th

CHILI, Corn Bread, Carrots, Assorted
Cookies

Wednesday, April 13th

SWEDISH MEATBALLS, Egg Noodles,
House Salad, Mixed Vegetables, Apple
Pie

Monday, April 18th —CLOSED

Wednesday, April 20th

PORK CUTLET, Chicken Rice Soup,
Baked Potato, Brussel Sprouts, Banana
Bread

Monday, April 25th

BAKED MACARONI, Caesar Salad,
Green Beans, Roll, Pastry

Wednesday, April 27th

BAKED FISH, Clam Chowder, Oyster
Crackers, Mixed Vegetables, 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: ALL ABOUT INCOME TAXES. It's that time again? Do you need to file state or federal income tax returns? Can the Circuit Breaker program help you? What about your IRA's and 401(k)'s? Did the tax code change since last year? Elder law attorney Arthur Bergeron walks you through the things you should be focusing on.

APRIL: QUALIFYING FOR MASSHEALTH. Whether you or a loved one needs nursing home care or needs a lot of care at home to avoid going to a nursing home, you can always qualify for Mass Health. Elder law attorney Arthur Bergeron shows you how.



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 28 & April 25
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.

Tuesdays, March 8 & April 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 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!

March 31 What to Do When You Get Bad News About Your Health

April 28 From We to Me- Next Steps as the Surviving Spouse

Lion's Club Weekend Lunch Deliveries!

Saturdays, March 12th and April 9th

The Lion's Club is excited to provide a lunch to any Senior and/or Veteran in town along with household family members. 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.



SHINE — Serving the Health Needs for Everyone



With Medicare Plans, does it matter which pharmacy you use? YES, the pharmacy you use could make a big difference!

All Medicare drug plans and Medicare Advantage plans (HMOs, PPOs) have **network pharmacies**. Most pharmacies accept most plans. However, if you go to a pharmacy that is not in your plan's network, your drugs will not be covered, and you will pay full retail price.

For 2022, all the 21 Medicare drug plans have **preferred pharmacies** as do several Medicare Advantage plans. You should check that the pharmacy you currently use is the best one to use with your plan; plans can change their preferred pharmacies from year to year. By using a preferred pharmacy, you may save money!

Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. 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, number and town. A volunteer will call you back, as soon as possible.

EQ LGBTQIA+ AGING PROJECT

- LGBTQIA+ Bereavement Support Groups

The LGBTQIA+ Bereavement Support Group is the first statewide initiative to address loss in the LGBTQIA+ community. The program is funded by the Department of Public Health and it is facilitated by The LGBTQIA+ Aging Project. All groups require pre-registration. For more information on the LGBTQIA+ Bereavement Program contact Bob Linscott at 857.313.6578 or blinscott@fenwayhealth.org

- Weekly Zoom Drop-in Group for LGBTQIA+ Older Adults

Since the very beginning of the pandemic, the Aging Project has offered a weekly Zoom drop in group for LGBTQIA+ older adults. These are informal discussion groups that keep people feeling connected during these challenging times. One group meets on Mondays from 11:30 AM to 12:30 PM, and for those who like a smaller group, there is a second drop in on Thursdays from 11:30 AM to 12:30 PM.

New members are always welcome and can be matched with a current member to talk before their first group if that feels more supportive.

Register in advance for this meeting:
<https://us02web.zoom.us/meeting/register/tZEuf-GqjksGdIWEGkJJiudSGhF99fRRWL7>

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 Linda at the Senior Center 508-429-0622.

The Holliston Senior Center, in partnership with the **MetroWest Regional Transit Authority**, offers Holliston Seniors low-cost, reliable and safe, door-to-door transportation to medical appointments, shopping and other essential appointments Monday through 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.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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

⚠️ ⚠️ ATTENTION VAN RIDERS: RIDE FARES AT RETURNING ⚠️ ⚠️

Beginning in March or April, fares will again be charged for riding the Senior Center buses. Accounts must be set up with the MWRTA if you do not already have one. If you are not sure if you have an account, or want to check on what you have in your account, you can call the MWRTA at 508-820-4650. If you have any questions you can also call Linda at the Senior Center, 508-429-06622

Writers Group

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



March 1: “A Childhood Memory” or “Spring”

April 5: April is National Poetry Month so write one and bring a few of your favorites to share.

ASK THE TOWN ADMINISTRATOR With Travis Ahern

Holliston’s Town Administrator, Travis Ahern, has teamed up with HCAT to create a periodic segment called, “Ask The TA.” Residents and stakeholders can ask questions for the benefit of all HCAT viewers ranging from events to town services.

Send your questions to AskTheTA@holliston.k12.ma.us



Holliston Public Library News

“Sustaining the Monarch, one Yard at a Time” THURSDAY March 17 at 7pm



A lecture that covers monarch biology, conservation and gardening for monarchs and pollinators, presented by Katie Banks Hone. This event is virtual and can be found on the library’s website. Anyone who doesn’t like using Zoom can come to the library and watch it on our big TV!



PODIATRY APPOINTMENTS



March 30 from 10am to 12pm

Dr. William Cooper has appointments on March 30th 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.



Would you like to receive your Holliston Senior Center newsletter digitally?

The Senior Center is happy to send you our newsletter to your email inbox, if you prefer. It is good for the environment and you will receive it sooner since you do not need to wait on the mail!

If you would like to join our email list, please email our Assistant Director, Amanda at boralessaa@holliston.k12.ma.us or call us at 508-429-0622

PLANNING FOR MEDICARE WEBINAR



by Blue Cross & Blue Shield of MA

Wednesday, March 16, 2022 — 12:00-1:00pm

Whether you plan to retire or will continue to work, it’s important to know your Medicare options. Did you know that missing your Medicare enrollment deadlines could cost you money? Medicare can be confusing, so we designed a webinar to help you be confident you’re making the right health coverage decisions.

Register at: https://well-b.zoom.us/webinar/register/WN_Rwy7QXWZTKud9iwaBd9JVw

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!*

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 some recorded presentations by Gary Hylander, Henry Quinlan, or get advice by watching "Money and the Law," a program hosted by John Drohan and Jay Marsden? Other programs include "Just Thinking" "a program hosted by Mary Greendale where she speaks with people throughout the community. Also, there are legal presentations by Attorney Arthur Bergeron, local church services, as well as other great pre-recorded presentations and shows.

HCAT continues to work with the Senior Center to bring some additional programs to the community including **Chair Yoga with Roberta Weiner, Walking Fitness programs and Gary Hylander's lectures.**

Please be sure to visit their website www.HCATTV.org and add a few of these exciting programs to your daily schedule.

Resources For Services and Information

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

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
 Linda Marshall, Outreach/Transportation . x211... marshalll@holliston.k12.ma.us
 Debbie Dupuis, Administrative Assistant...x216.....dupuisd@holliston.k12.ma.us

Van Drivers

Debbie Dupuis, Bruce Connolly and Ron Turcotte

S.H.I.N.E. (Serving the Health Information Needs of Everyone) - Pegg Rowe



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. Please watch the calendar for any date or time changes.

Council on Aging

Board Officers

Chair: Yvette Cain
 Vice Chair: Kathy Anguish
 Secretary: TBD
 Treasurer: Carmen Chiango

Members: Kathy Anguish, Millie Bedard, Yvette Cain, Frank Caron, Carmen Chiango, Bob Malone
Associate Members: Janet Alexander, Lynn Bajdek, Peter Eagan, Georgia Papavasiliou

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.

Town of Holliston
COA/Senior Center
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Holliston, MA 01746
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Holliston Senior Center — March/April 2022

Great Resources we want to share with you!

- You can request 4 FREE Covid-19 testing kits from the federal government at <https://www.covidtests.gov/>
- Free N95 masks are now available at local pharmacies. Customers are limited to three masks per person.
- Pharmacy Outreach Program: Massachusetts offers assistance by case managers to help residents save on the cost of medications and health insurance. Call toll-free 1-866-633-1617 or visit www.mcphs.edu/pharmacyoutreach
- AmeriCorps Seniors is a network of national service programs from AmeriCorps. It provides opportunities for Americans to serve their country domestically, address our nation's most pressing challenges, improve lives and communities and strengthen civic engagement. Priority issues include health and wellness, education, food security and economic opportunity. You can learn more at <https://americorps.gov/serve/americorps-seniors>
- The Executive Office of Elder Affairs offers the 50+ Job Seekers program for those who find themselves unemployed, under-employed, retired but looking for opportunities, retired but needing a little income to sustain themselves or trying to re-enter the workforce. They offers robust materials, guidance, networking, workshops, LinkedIn training and assistance from Career Coaches and HR professionals to help navigate this transition. For information, please email Denise at 50plusjobseekersadmin@mcoaonline.com or visit <https://50plusjobseekers.org/>

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](#)

FUEL ASSISTANCE

This program runs through April 30th, 2022 and is available for both home owners and renters. We can assist any resident of Holliston (regardless of age) with this application. If you think you might qualify, need more information, or to set up an appointment, please call Linda Marshall at 508-429-0622.



AARP®

Tax Services

AARP Tax-Aide Volunteers continue to help process your tax returns. Appointments run until April 4th.

**Appointments are limited
so call early to
schedule 508-429-0622!**