



HOLLISTON SENIOR CENTER NEWS

Holliston Senior Center

November / December 2021

Greetings All –

Sending you all warm wishes as we make the transition from autumn to winter and another calendar year draws to a close. This last year has been another challenging one, full of hope, promise and yes – disappointment, challenges and adversity too. But throughout the year’s ups and downs – one bright light eased many of the challenges of the day. The gift of community really was the star of the show, as friends and neighbors, local businesses and charitable organizations found ways to assist one another during these unprecedented and unpredictable times. Our heart is warmed by all those who have supported and assisted us over the last year, through your donations of time, money, talents and treasures – we truly appreciate your kind and generous support.




In the spirit of community and giving back, we wanted you to know that we will have a collection bin set up in November and December for non-perishable food items to be given to the Food Pantry. We will also accept donations for older adults in the community who are alone or in need at this time of year. Please see the article on Page 2 of this newsletter for more information.

Wishing you and yours a Happy, Healthy Holiday season and a beautiful bright year ahead!

Warmly – Lisa Borchetta, Director

Important Calendar Notes

The Center will be CLOSED for:

- ◇ Nov 11—Veteran’s Day 
- ◇ Nov 25, 26—Thanksgiving
- ◇ Dec 24—Christmas Day Holiday
- ◇ Dec 31 & Jan 1—New Year’s Day

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

Happy Holidays to one and all!!!!

I would like to introduce myself to you all. My name is Debbie Dupuis, and I am one of the Van Drivers and also the Administrative Assistant for the Holliston Senior Center. My husband Roger and I live in Hopedale and are the proud parents of two beautiful daughters, Brielle and Brittany. I have been at the Senior Center for almost 4 years, and in that time I have met so many wonderful people.

I love both of my positions here and look forward to coming to work everyday, not only for the work, but to also know that I am helping so many wonderful people that come into the Senior Center.

I enjoy driving the van and taking the people of Holliston to doctor appointments, hairdresser appointments, grocery shopping, the library, CVS, etc. Driving the Senior Center van is a very rewarding job knowing that I am taking people to and from places that they need to get to.

I also enjoy helping my co-workers in the office with a number of tasks as the Administrative Assistant. I know that when I go to work everyday, I not only enjoy what I do but I also know that I am part of a great team!!! I think of working at the Senior Center as "One Big Happy Family" and would not have it any other way.....

In closing, I would like to wish everyone a joyous and healthy holiday season, and I am looking forward to ringing in a new and safe 2022!!!!

Stay well and safe everyone!

Your friend,
Debbie Dupuis



FUEL ASSISTANCE



Applications for Fuel Assistance are on the way. This program runs through April 30th, 2021 and is available for both home owners and renters.

We, here at the Senior Center 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 Marty Schneier at 508-429-0622.



Welcome Holliston's New Elder Affairs Officers!

Sergeant Remkus has been an Elders Affairs investigator for Holliston for approximately 6 years. His job is to investigate elder crimes and abuses in Holliston. In this role he is a liaison for the Commonwealth Elders Affairs Investigation Division.

Officer Ciavarra is new to the department and recently applied for the Elders Affairs Unit position. She is enthusiastic, dedicated, motivated and ready to serve. Feel free to say hi to her as she is extremely friendly and radiates positive energy.

VFW & American Legion

Annual Roast Beef

Dinner

Sunday, January 2, 2022—12:00pm

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

Please register by December 27th by calling the Senior Center 508-429-0622



GIFT DONATIONS WANTED!



Would you like to help your friends and neighbors this holiday season? The Senior Center is accepting donations for seniors who are alone or in need. Items such as hats, gloves, blankets, personal care items, puzzles books, candy, toiletries, and gift cards to grocery stores, pharmacies, etc. are a few suggestions.

If you have questions, know someone in need, or want to make a donation, please see any staff member. Please drop off all donations by Wednesday, December 8th. If you would prefer to make a cash donation, checks can be made out to the SSF.

Thank you for making this a happier holiday season for everyone!

Last Day Trip for 2021!

CHRISTMAS AT THE NEWPORT MANSIONS

Saturday, December 4, Newport, RI, Cost: \$99
Bring or buy your own lunch. (Sign up by Nov 5)

Spots are filling quickly! Call the Senior Center to sign up or to get more information! 508-429-0622



OUTREACH CORNER BY MARTY SCHNEIER

I'm actually looking forward to the cooler weather and the change in season and I'm also looking forward to the holidays as we have much to celebrate in comparison to what life was like last year! Even though caution is still necessary, families and friends will be able to gather a little easier this year and for that I am so grateful, personally because I will soon be able to make a visit to see my beautiful granddaughter...she gives me such pleasure albeit "virtually" and I cannot wait to hold her!

Cultures and religions throughout the world greet this season with a sense of hope. The winter solstice marks the time when the days begin to get longer and after a time of darkness, light begins to emerge. Perhaps after a period of prolonged quarantines and lockdown, we are indeed beginning to see that light again.

So, I am greeting this "season of light" with hope, promise and with gratitude for our resilience. I am taking this "season of light" as an opportunity to again focus my awareness on how beautiful the world can be and how I wish to set my intention to be more present and appreciative of not only my physical surroundings but of the beautiful people that come into my life daily, the beautiful people that make up my "village". In my role as "Outreach Coordinator" I know this year has been a struggle for many but I am so grateful for all the "helpers" in our community and extremely grateful for the people who reach out and ask for help...I see that as a huge strength.

Wishing you all a very happy and healthy "season of light"

Be well,
Marty

THANKSGIVING LUNCHEON

With Entertainment by Tommy Rull

Monday, November 15th
12:00 PM, \$6 donation requested

Join us for our Annual Thanksgiving Luncheon! We will be serving a traditional turkey dinner with all the fixings, with apple or pumpkin pie for dessert!

Call the Senior Center to sign up by November 8th!
508-429-0622

Tommy Rull will be performing his acclaimed,
Musical Journey through the Years

HOLIDAY LUNCHEON

With Entertainment by the
Tune Timers

Wednesday, December 15th
12:00 PM, \$6 donation requested

Join our staff, volunteers and friends to celebrate the winter holidays! Italian cuisine and fresh pastries will be served. Space is limited. Please sign up by December 8th to reserve your spot! 508-429-0622

NIGHT VISION GLASSES



As the days shorten, many of us find driving at night a bit more challenging. We have a limited supply of night vision glasses that might help reduce reflections and glare from oncoming headlights and street lights and make driving at night a little easier. We ask for a \$10 donation for each pair. Please contact Marty if you would like a pair 508-429-0622.



Michael R. Cassidy Fire Chief and Emergency Management Director

When the temperature drops, older adults run a high risk of problems related to the cold. So it's important that they, and those who care for them, take certain precautions this time of year. Here's what you need to know to protect yourself, or older loved ones, from fires and carbon monoxide poisoning:

-Burning wood, natural gas, kerosene and other fuels produces a gas that you cannot see or smell. It is a very deadly gas called carbon monoxide. Unless fireplaces, wood and gas stoves and gas appliances are properly vented, cleaned, and used, they can leak dangerous amounts of carbon monoxide. These and other appliances, such as kerosene and electric heaters, can also be fire hazards. You should:

- Have fireplace and wood stove chimneys and flues inspected yearly and cleaned when necessary (look in the telephone book under "chimney cleaning")
- Put a smoke alarm and battery-operated carbon monoxide detector in areas where you use fireplaces, wood stoves, or kerosene heaters
- Open a window—just a crack will do—when using a kerosene stove
- Make sure space heaters are at least 3 feet away from anything that might catch fire, such as curtains, bedding and furniture
- Keep a fire extinguisher that can be used for a variety of types of fires, including chemical fires, in areas where you use fireplaces, wood stoves and kerosene heaters
- Never try to heat your home using a gas stove, charcoal grill, or other stove not made for home heating



Sergeant Remkus and Officer Ciavarra Elder Affairs Officers

One of the most frequent calls we get at the department are scam reports. Too often people are being duped into giving large amounts of money that is often unrecoverable. Here are some helpful hints to avoid being scammed:

1. CALL: Did you just receive an email claiming your grandchild is in jail or the IRS has taken a warrant out for your arrest? The best thing you can do is to call the Holliston Police Department, 508-429-1212, and speak with an officer about the incident. Any one of our officers can help navigate the call or email, thus avoiding a crime taking place.
2. INFORMATION: Never purchase gift cards or give away bank information, social security numbers, or any sensitive information to anyone calling or emailing in these scams. If a real institution such as your bank or government agency is trying to reach out to you, there are protocols to follow. If you are suspicious that it is not your bank or government agency, simply ask the caller for their name and a number they can be reached at. Then Google the banks or government agency's phone number. Call the institution and they will be able to verify if there is a problem with an account or information.
3. PRIZES: Did you just get a text or email from a strange number or email account claiming you are the lucky winner? More than likely this is a scam to steal your information by clicking on the link provided. Often criminals try many numbers in the hopes 1% to 2% of people respond and are able to successfully steal money from their victims. If it sounds too good to be true, more than likely it is.

The simplest thing to do is to reach out to the police department if you fear someone is trying to scam you. An officer can assist over the phone or in person to work on your situation. Til next time — stay safe!

Monthly Programs

SPECIAL NOTE: CLASSES CANCELED DECEMBER 27TH THROUGH 31ST

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

Monday November 22nd
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, November 9th &
December 14th 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, November 12th &
December 10th 1:30-3:00pm
Join us on Friday, November 12th,
to review The Lost Girls of Paris
by Pam Jenoff . On Friday,
December 10th, we will
review Breakfast with Buddha by
Roland Merullo. The Holliston
Public Library can assist with
getting books for the meetings
and can be reached at 508-429-
0617. New members are always
welcome.

Writers' Group

Tuesdays, November 2nd &
December 7th
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.
Nov: "A Fork in the Road"
Dec: "In the Rearview Mirror"

Legal Hour with Jay Marsden

Tuesdays, November 9th &
December 14th—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, December 8th
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, November 18th &
December 16th at 9:30 am
MetroWest Director of Veterans
Services, Sarah Bateman will be
hosting a Coffee Hour the 3rd
Thursday every month at the Senior
Center. All are welcome!

Photography

Thursdays, 12:30 pm-2:00 pm
Instructor: Carmen Chiango
Join the class as they share
photos and learn how to improve
techniques. Beginner to advanced
photographers are welcome.

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 9:00-12:00 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

SPECIAL NOTE: CLASSES CANCELED DECEMBER 27TH THROUGH 31ST

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, 9:30 AM

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

November 9th and December 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.

Grief and Loss Support Group

Second Tuesday of the month

November 9th and December 14th

1:00 to 2:00 pm

“It’s an honor to be in grief. It’s an honor to feel that much, to have loved that much.” Elizabeth Gilbert

Join us for friendship and support on the second Tuesday of the month as we learn to live without those we’ve lost and have the opportunity to share our individual journeys. Feel free to bring pictures, poems or prose to share about your journey through grief. We will be gathering in person with the option of joining via Zoom. Please call the Senior Center in advance to let us know you are coming! For more information ask for Marty.

UPCOMING CRAFT PROJECTS

Open to beginners! The Craft Group will teach you!

Holiday Gnomes

Date: November 10th, 1:00PM

Cost: \$3

Santa Moon

Date: December 10th, 9:00AM

Cost: \$3

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



BOOK CLUB

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

November 12th: The Lost Girls of Paris by Pam Jenoff

December 10th: Breakfast with Buddha by Roland Merullo

The Holliston Public Library can help you get books for the meetings.





Call the Library with questions: 508-429-0617





November 2021

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>9:30 Coloring and Coffee 11:00 Yoga 12:00 Weekly Lunch*** 1:30 Tai Chi 1:30 Game Day</p>	<p>2</p> <p>9:00 Blood Pressure Clinic 10:00 Writers' Group 10:30 Energy Focus Movement 12:30 Zumba Gold</p>	<p>3</p> <p>9:30 Walking Fitness 11:00 Yoga 12:00 Weekly Lunch*** 1:00 BINGO</p>	<p>4</p> <p>9:00 Pilates 10:30 Energy Focus Movement 12:30 Photography 2:00 Watercolor Class</p>	<p>5</p> <p>9:00 Friday Crafters 1:00 Tune Timers</p>
<p>8</p> <p>9:30 Coloring and Coffee 11:00 Yoga 12:00 Weekly Lunch*** 1:30 Tai Chi 1:30 Game Day</p> <p> DAYLIGHT SAVINGS ON THE 7TH! </p>	<p>9</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 1:00 Grief and Loss Support Group ***</p>	<p>10</p> <p>9:30 Walking Fitness 11:00 Yoga 12:00 Weekly Lunch*** 1:00 Crafters Holiday Gnome Project***</p>	<p>11</p> <p>CLOSED IN OBSERVANCE OF VETERANS DAY</p> 	<p>12</p> <p>9:00 Friday Crafters 1:00 Tune Timers 1:30 Book club</p>
<p>15</p> <p>9:30 Coloring and Coffee 11:00 Yoga 12:00 Thanksgiving Luncheon***</p> <p><i>Tai Chi and Game Day cancelled for luncheon</i></p>	<p>16</p> <p>9:00 Blood Pressure Clinic 10:30 Energy Focus Movement 12:30 Zumba Gold</p>	<p>17</p> <p>9:30 Walking Fitness 11:00 Yoga 12:00 Weekly Lunch*** 1:00 BINGO</p>	<p>18</p> <p>9:00 Pilates 9:30 Veterans Coffee Hour*** 9:30 Java with Jay*** 10:30 Energy Focus Movement 12:30 Photography 2:00 Watercolor Class</p>	<p>19</p> <p>9:00 Friday Crafters 1:00 Tune Timers</p>
<p>22</p> <p>9:30 Coloring and Coffee 11:00 Yoga 12:00 Weekly Lunch*** 10:00 Legal Advice w/ Attorney Bergeron*** 1:30 Tai Chi 1:30 Game Day</p>	<p>23</p> <p>9:00 Blood Pressure Clinic 10:30 Energy Focus Movement 12:30 Zumba Gold</p>	<p>24</p> <p>9:30 Walking Fitness 11:00 Yoga</p> <p><i>Center closes at noon</i></p>	<p>25</p> <p>CLOSED IN OBSERVANCE OF THANKSGIVING</p> 	<p>26</p> <p>CLOSED IN OBSERVANCE OF THANKSGIVING</p> 
<p>29</p> <p>9:30 Coloring and Coffee 11:00 Yoga 12:00 Weekly Lunch*** 1:30 Tai Chi 1:30 Game Day</p>	<p>30</p> <p>9:00 Blood Pressure Clinic 10:30 Energy Focus Movement 12:30 Zumba Gold</p>		<p>***</p> <p><i>VFW & American Legion Roast Beef Dinner on January 2nd at 12:00 PM! Call the Senior Center by December 27th to sign up!</i></p> <p>***</p>	<p>***RESERVATIONS ARE REQUESTED IN ADVANCE. CALL THE SENIOR CENTER AT 508-429-0622</p>

December 2021

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

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 11:00 Yoga 12:00 Weekly Lunch*** 1:00 BINGO</p>	<p>2</p> <p>9:00 Pilates 10:30 Energy Focus Movement 12:30 Photography 2:00 Watercolor Class</p>	<p>3</p> <p>9:00 Friday Crafters 1:00 Tune Timers</p>
<p>6</p> <p>9:30 Coloring and Coffee 11:00 Yoga 12:00 Weekly Lunch*** 1:30 Tai Chi 1:30 Game Day</p>	<p>7</p> <p>9:00 Blood Pressure Clinic 10:00 Writers' Group 10:30 Energy Focus Movement 12:30 Zumba Gold</p> <p>Last Day of Hanukkah</p> 	<p>8</p> <p>9:30 Walking Fitness 10:00 Podiatry Appointments*** 11:00 Yoga 12:00 Weekly Lunch***</p>	<p>9</p> <p>9:00 Pilates 10:30 Energy Focus Movement 12:30 Photography 2:00 Watercolor Class</p>	<p>10</p> <p>9:00 Friday Crafters – Santa Moon 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>14</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 1:00 Grief and Loss***</p>	<p>15</p> <p>9:30 Walking Fitness 11:00 Yoga 12:00 Holiday Luncheon***</p> <p><i>BINGO postponed to next week due to luncheon</i></p>	<p>16</p> <p>9:00 Pilates 9:30 Veterans Coffee Hour*** 9:30 Java with Jay*** 10:30 Energy Focus Movement 12:30 Photography 2:00 Watercolor Class</p>	<p>17</p> <p>9:00 Friday Crafters 1:00 Tune Timers</p>
<p>20</p> <p>9:30 Coloring and Coffee 11:00 Yoga 12:00 Weekly Lunch*** 1:30 Tai Chi 1:30 Game Day</p>	<p>21</p> <p>9:00 Blood Pressure Clinic 10:30 Energy Focus Movement 12:30 Zumba Gold</p>	<p>22</p> <p>9:30 Walking Fitness 11:00 Yoga 12:00 Weekly Lunch*** 1:00 BINGO (rescheduled)</p>	<p>23</p> <p>9:00 Pilates 10:30 Energy Focus Movement 12:30 Photography 2:00 Watercolor Class</p>	<p>24</p> <p>CLOSED IN OBSERVANCE OF CHRISTMAS DAY</p> 
<p>27</p> <p><i>No programs or lunches</i></p>	<p>28</p> <p><i>No programs or lunches</i></p>	<p>29</p> <p><i>No programs or lunches</i></p>	<p>30</p> <p><i>No programs or lunches</i></p>	<p>31</p> <p>CLOSED IN OBSERVANCE OF NEW YEAR'S DAY (Closed on New Year's Day as well)</p> 

HOLLISTON SENIOR CENTER MONDAY AND WEDNESDAY LUNCH MENU

NOVEMBER—DECEMBER 2021

Monday, November 1st

SPAGHETTI AND MEATBALLS, Tossed Salad, Garlic Bread, Brownies

Wednesday, November 3rd

ROASTED PORK, Mashed Sweet Potato, Corn Chowder and Crackers, Jell-O

Monday, November 8th

PARMESAN CRUSTED CHICKEN, Caesar Salad, Broccoli, Rolls, Cupcakes

Wednesday, November 10th

CHICKEN A LA KING over Biscuits, Tossed Salad, Green Beans, Rolls, Cake

Monday, November 15th

THANKSGIVING LUNCHEON
ROAST TURKEY with Gravy, Mashed Potato, Stuffing, Butternut Squash, Peas, Cranberry Sauce, Rolls, Apple & Pumpkin Pie
(Suggested Donation: \$6.00)

Wednesday, November 17th

BAKED MACARONI AND CHEESE, Tomato Soup, Clementines, Rolls, Lemon Cake

Monday, November 22nd

BAKED SCROD, Clam Chowder, Roasted Potatoes, Carrots, Cookies

Wednesday, November 24th CLOSED

Monday, November 29th

SHEPHERD'S PIE, Tossed Salad, Broccoli, Cheesecake

Wednesday, December 1st

BAKED HAM, Cheddar Broccoli Soup, Mashed Potato, Spinach Rolls, Cupcakes

Monday, December 6th

EGGPLANT PARM SANDWICH, Vegetable Soup, Macaroni Salad, Pumpkin Pie

Wednesday, December 8th

AMERICAN CHOP SUEY, Tossed Salad, Brussel Sprouts, Garlic Bread, Pastry

Monday, December 13th

CHICKEN POT PIE, Tossed Salad, Squash, Rolls, Pudding with Whipped Cream

Wednesday, December 15th

HOLIDAY LUNCHEON
A Variety of Italian Dishes with Fresh Pastries for Dessert
(Suggested Donation: \$6.00)

Monday, December 20th

SWEET AND SOUR CHICKEN, Egg Drop Soup, Fried Rice with Peas, Marble Cake

Wednesday, December 22nd

STUFFED SHELLS with Meat Sauce, Tossed Salad, Green Beans, Garlic Bread, Banana Bread

No Lunches December 27th to 31st

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).

Legal Hour with Attorney Jay Marsden

Helping clients plan and secure their legacy for future generations.

Tuesdays, November 9th & December 14th—10:00 am

Attorney Jay Marsden continues to meet with individuals for a complimentary 30min consultation in-person at the Senior Center. If you would like to schedule an appointment with Jay, please call the Senior Center at 508-429-0622 to sign up!

BAYPATH ELDER SERVICES LGBTQ+ INITIATIVE

Come join our

Pathways Virtual Cafe

the third Tuesday of each month at 12 p.m.

BAYPATH IS COMMITTED TO PROVIDING WELCOMING SERVICES TO METROWEST'S RAINBOW COMMUNITY, PARTICULARLY OLDER ADULTS, PERSONS WITH DISABILITIES, AND CAREGIVERS.



Julie Nowak, LGBTQ+ Initiative Coordinator
Confidential Phone Line: (508) 573-7288
jnowak@baypath.org

BayPath
Elder Services, Inc.
LGBTQ+ Initiative



Java with Jay

(Changed to the Third Thursday due to Holidays)

9:30 AM

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 required for the Zoom call-in number/link. Please call the Senior Center at 508-429-0622 to sign up!

November 18 What kind of estate plan does your estate planning attorney have? And what advice did Jay give to his parents?

December 16 Advance Directives: What is the difference between Living Wills, Health Care Proxies, HIPPA and DNR?

Legal Advice with Attorney Bergeron

Attorney Bergeron will continue to offer 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 date: November 22nd & (no appointments in Dec)
Call the Senior Center at 508-429-0622 to sign up .



Tai Chi class returns! Mondays at 1:30 PM

Have you heard that Tai Chi is good for you? Here is your chance to find out in a safe, non-judgmental space!

Learn the Tai Chi Form and begin to increase your physical balance, lower your blood pressure, increase your joint flexibility, decrease pain and let go of stress!

PODIATRY APPOINTMENTS WITH DR. COOPER

December 8th, 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.

Call the Senior Center at 508-429-0622!



SHINE — Serving the Health Needs for Everyone

Medicare Open Enrollment

Medicare Open Enrollment ends December 7th—Don't miss your chance to change plans!



It's extremely important to review your options EVERY year to make sure you have the plan that works best for you for next year. For the best comparison, you should have a Medicare account. If you don't have one already, you can go to Medicare.gov to easily create one, or SHINE can help you do it.

Call our Senior Center and ask for a SHINE appointment. At the time of your appointment you should have your:

Medicare account Username and Password (if you have an account)

Medicare card # and other drug/health insurance cards and benefit information

Prescription drug list (dosage, quantity, frequency)

Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. For Medicare related matters (other than an appointment), 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.

IMPORTANT NOTE REGARDING TRANSPORTATION
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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 Marty 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.**

<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

Writer's Group

We meet the first Tuesday of the month from 10-12pm. Come enjoy a morning of listening, writing and chatting.

November 2: "A Fork in the Road"
December 7: "In the Rearview Mirror"



Holliston Public Library

The library is loaning hotspots and Wi-Fi to Holliston residents 18 years and older. They also added three more Roku to borrow which are loaded with HBO Max.

Check out the Library's Book Clubs (Virtual and in-Person)



1. The Morning Book Club
2. The Mystery Book Club
3. The History Book Club

Visit the library's website for more info!

COVID-19

MASKS ARE REQUIRED AT THE SENIOR CENTER



Wash your hands often for at least 20 seconds



Stay at home if you don't feel well



Wear your face masks or other face coverings

Special Thanks to the Donors and Sponsors of our Fall Fair!

- * 110 Grill
- * Acapulco's
- * AAA
- * Ashland Ale House
- * Ashland Nutrition
- * Big Y
- * Boudreau's Automotive
- * Candy Cottage
- * Coffee Haven
- * The Corner Market
- * Fiske's General Store
- * Gaetano's Bakery
- * Holliston Oil Service
- * Holliston Superette
- * Holliston True Value
- * Holliston Glass
- * Holliston Meadows Pet Resort
- * Jensen Sheehan Insur.
- * Kamala Boutique
- * Liquor World
- * Los Cabos Mexican Grill
- * Lowell's Restaurant
- * Mazi
- * Medway Café

- * Nick's Central Garage
- * Outback Steakhouse
- * Pepperoncini's
- * Restaurant 45
- * Red Heat
- * Roche Bros
- * Shaw's
- * Sweetwater Salon
- * TJ's Spirits
- * Walmart
- * Chipotle
- * Dunkin'
- * Outpost Farm
- * PJ's Smokehouse
- * Muffin House
- * Red Heat
- * Village Auto
- * Sol de Mexico
- * Hometown Automotive
- * Salmon Health Medway
- * Table Talk Pies

We are grateful to have so many generous people in our community and there just isn't enough space to thank everyone individually! So to each person who made our Fall Fair a success, THANK YOU!

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 egal 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 Allie Barrett's Pilates program.**

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/departement-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
 Marty Schneier, Outreach/Transportation x211... schneierm@holliston.k12.ma.us
 Debbie Dupuis, Administrative Assistant...x216.....dupuisd@holliston.k12.ma.us

Van Drivers

Debbie Dupuis, Del Greenlaw, Ellie Stackpole, 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

PresidentNeil Svendsen
 Vice PresidentStan Feinberg
 TreasurerLarry Wise
 SecretaryNan Malone

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: TBD
 Secretary: TBD
 Treasurer: Carmen Chiango

Members: Kathy Anguish, Millie Bedard, Yvette Cain, Frank Caron, Carmen Chiango, Bob Malone
Associate Members: Janet Alexander, Lynn Bajdek, 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
150 Goulding Street
Holliston, MA 01746
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Holliston Senior Center — November/December 2021

Thank you!

- Senior Support Foundation and The Fall Fair Committee
- Our wonderful volunteers
- Attorney Jay Marsden
- Attorney Arthur Bergeron
- The Executive Office of Elder Affairs
- The MWRTA
- The Holliston Police
- The Holliston Public Library
- Holliston Newcomers and Neighbors
- The Tune Timers
- The Girl Scouts
- The Boy Scouts
- The Cub Scouts
- The Community Action Fund
- Holliston VFW & American Legion
- Knights of Columbus
- AARP
- Holliston Cultural Council
- The MetroWest Health Foundation
- Metropolitan Area Planning Council
- Holliston Pantry Shelf
- Mary Ann Morse Healthcare
- Timothy Daniels House
- The Lion's Club
- Holliston Youth and Family Services
- BayPath Elder Services

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

[Like us on Facebook](#)

THE SENIOR CENTER IS HIRING!!

Interested in a part-time job, driving seniors to the grocery store, medical appointments, and errands?

Our Senior Center is looking for someone to operate one of our 10-passenger buses. Training is provided.

TO APPLY: Please e-mail your application to Cheryl Houle at [houlec@holliston.k12.ma.us](mailto:houle@holliston.k12.ma.us).

Applications may also be dropped off at Town Hall.

