



HOLLISTON SENIOR CENTER NEWS

Holliston Senior Center

November / December 2022

"This is the night when you can trust that any direction you go, you will be walking toward the dawn."
—Jan Richardson (Regarding the Winter Solstice on December 21st)

Greetings All! I hope this message finds you well as we transition from autumn to winter. While the days grow shorter and temperatures drop, many New Englanders begin to hunker down indoors. As the climate cools, so can our mood. Yet, this time of year also brings great joy, warmth, giving and celebration. Across the globe, numerous faiths and cultures mark this time of year with both secular and religious traditions that focus on Light over Darkness. According to a symbolism project at the University of Michigan, "Light" is one of the most universal and fundamental symbols. It signals both the spiritual and the divine: life, happiness, prosperity, illumination and intelligence.

Light is also the focus of many celebrations around the world at this time of year. Christians celebrate Christmas and the birth of the Christ child as "the light of this world" and a symbol of divinity manifest on Earth. Diwali, celebrated by Hindu, Sikh, Buddhist and Jain faiths, celebrates light dispelling the darkness of ignorance and showing the way on life's journey. Hanukkah commemorates the miracle of a day's worth of lamplight oil lasting eight nights and helping the Jewish people defeat their enemy. Winter Solstice celebrates the rebirth of light after the shortest day of the year. Kwanzaa, an African-American holiday, uses candlelight to illuminate the seven principles of unity, self-determination, collective work and responsibility, cooperative economy/purpose, creativity and faith.

As we move toward the shortest day of the year on December 21st, remember that the very next day will be 2 seconds longer, and so on until we reach the longest day of the year at the summer solstice in June. We want to thank all of the members, staff, volunteers, visitors, patrons, donors, friends, supporters, departments, businesses and organizations that have shared their light with us this year. May you celebrate the constancy and beauty of our Earthly home and the daily opportunity of illumination with each sunrise. May you continue to bring your light into the lives of others and bask in the beauty of the light of those around you.

Thank you for being part of our Holliston Senior Center Community. Together we are brighter and more brilliant.

Warmly, Lisa
Lisa S. Borchetta, Director – Holliston Senior Center



Special Thanks to the Sponsors of our Fall Fair!

- *Northern Management Group
 - *MacArthur Farm
 - *Holliston Meadows
 - *Debra's Flowers
 - *Big "Y"
 - *TJ's Spirits
 - *Walmart
 - *Arcadian Farms
 - *Red Heat Tavern
 - *PJ's Smoke N' Grill
 - *Muffin House Café
 - *Hickey's Wine and Spirits
 - *Hometown Auto
 - *Outpost Farm
 - *Nick's Central Garage
 - *Crafted
 - *Holliston Superette
 - *Outback
 - *Medway Café
 - *The Corner Market
 - *Holliston Jewelers
 - *Table Talk Pies
- We are grateful to have so many generous people in our community. To each person who made our Fall Fair a success, THANK YOU!**
- *110 Grill
 - *Salon de Bella
 - *MA Animal Coalition
 - *Holliston Oil Service
 - *Gaetano's Bakery
 - *Cote Automotive
 - *Ashland Ale House
 - *UNO's
 - *Acapulco's
 - *Shaw's
 - *Ashland Nutrition
 - *Starbucks
 - *Knights of Columbus
 - *Lions Club
 - *Roche Bros
 - *Holliston Sewer Service
 - *Dunkin'
 - *Candy Cottage
 - *Showcase Cinema
 - *Village Auto Service
 - *Ahronian Landscaping
 - *Fiske's
 - *Fun and Games
 - *Sol de Mexico
 - *Bright Insurance Agency

Fall Back!
Nov 6 Remember to move your clocks back one hour.

LGBTQ+ FRIENDLY

IMPORTANT NOTE
All events are subject to change if COVID Guidelines change

150 Goulding Street
Holliston, MA 01746
(508) 429-0622
Senior Center Hours
Monday—Thursday
9:00 am to 4:00 pm
Friday
9:00 am to 3:00 pm

Habitat for Humanity & Senior Center Home Repair Program

The Greater Worcester Area - Habitat for Humanity and the Holliston Senior Center are partnering in a Home Repair Program funded through the Town of Holliston's ARPA Grant. Only repairs that are focused on safety and livability will be considered. Work may include but is not limited to: roof repairs & replacement and renovations to satisfy handicap accessibility & ADA requirements such as ramps, repairs to outdoor stairs, deck repair/replacement, etc.

This is a NO COST and NO REPAYMENT program!

You qualify for this program if you:

- Need health/safety repairs to improve your quality of life
- You are low—moderate income and aged 60 or older
- You own no more than \$75,000 in total, liquid, household assets (excluding retirement funds)
- You own your home and are current on your mortgage, property taxes and insurance

Call our Center to sign up for an appointment with a Habitat Intake Coordinator (508-429-0622)

Important Calendar Notes

The Center will be CLOSED

Nov 11: Veterans Day
Nov 24 & 25: Thanksgiving Day
Dec 26: Christmas Day
Jan 2: New Year's Day

- ☁ To find out if the Senior Center is closed for snow, check if Holliston Public Schools are closed on your local news. We are closed when the schools are closed.
- ☁ There is no van service on holidays
- ☁ There are no programs the last week of the year (Dec 27 to Dec 30) but the Center will be open

THANK YOU VETERANS!

Holliston High School Play and Dinner — Pippin

Wednesday, November 16th at 6:00pm
Free of Charge



Join the Holliston High School Theatre Club for their dress rehearsal of Pippin and the National Honor Society for dinner at the high school. Dinner will begin at 6:00pm and the play starts at 7:00pm.

Please sign up by calling the center by Nov 9th 508-429-0622. Let us know if you need transportation.



3 Great Ways to Meet Someone New & Learn Something New!



1. "Select Chat"

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

2. "Veterans Coffee Hour"

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

3. "Coffee with the Holliston Police"

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

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



Registry of Motor Vehicles

Presentation on REAL ID



January 12th, 2023, at 1pm

Have you heard about the REAL ID? Did you know that to fly in the US, you will be required to use a REAL ID or passport after May 3, 2023? The RMV will be hosting a workshop to help people understand what a REAL ID is, if you need one, and how to apply for one.

Call the Center to sign up: 508-429-0622



Lunch and a Movie

Thursday, December 22nd —12:00 PM

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



"Yesterday" — PG-13 — 2019 — Romance, Musical— 1h 56m
Jack Malik is a struggling singer-songwriter in an English seaside town whose dreams of fame are rapidly fading, despite the fierce devotion and support of his childhood best friend, Ellie. After a freak bus accident during a mysterious global blackout, Jack wakes up to discover that The Beatles have never existed. Performing songs by the greatest band in history to a world that has never heard them, Jack becomes an overnight sensation with help from his agent.

\$3 donation requested. You must sign up by December 15th. Please call 508-429-0622.

VFW & American Legion Annual Roast Beef Dinner



Sunday, January 8, 2023—12:00pm

NO CHARGE. A donation to the Holliston Food Pantry would be appreciated.

Please register by December 23rd by calling the Senior Center at 508-429-0622



Holliston Historian, Joanne Hulbert Thursday, December 1st at 1pm

Holliston's 300th anniversary is coming up in 2024. What is your story about living in Holliston? Joanne will be speaking about the anniversary and the upcoming effort to gather stories to compile into a book about Holliston, filled with stories, memories and creative works such as poetry and art. A book that that is built by Holliston's residents - even those who are now far away but who have memories of the town they loved. Here is your opportunity to join in the fun of telling Holliston's story.

Joanne Hulbert, the featured speaker, who wrote in 1999, "Holliston, A Good Town" a book that told Holliston's past history. Now there is a chance for everyone to contribute to this project and add their stories. Future Holliston residents will thank you!

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

Gift Donations Needed!



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 cookies, chocolates, tea, hot chocolate, snacks and gift cards will be accepted. We are not accepting other items such as scarves, hats, and books this year.

If you have questions, know someone in need, or want to make a donation, please call Melicia at 508-429-0622. Please drop off all donations by Wednesday, December 7th. If you would prefer to make a cash donation so we can purchase gifts, checks can be made out to "The SSF."

Thank you for making this a happier holiday season!

Massachusetts Senate President Karen E. Spilka LISTENING HOURS

Tuesday, November 22nd at 10am

Have ideas? Have questions? Need help? Senate President Spilka's office is here to listen.

A representative will be available for questions, comments and concerns.

They will get back to you with answers.



THANKSGIVING LUNCHEON

Monday, November 21st
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 14th!
508-429-0622

Blackstone Valley String Quartet will be serenading us with some beautiful music

HOLIDAY LUNCHEON

With Entertainment by the Tune Timers!

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

Join our staff, volunteers, Holliston police officers, and friends to celebrate the winter holidays! Italian cuisine and fresh pastries will be served.

Space is limited.

Please sign up by December 2nd to reserve your spot! 508-429-0622

Get Involved and Join an Amazing Team of Volunteers!

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

Our purpose is to seek donations through fundraising events (Fall Fair and Yard Sale), Corporate Gifts, The Good as New Shoppe, Book Store, and Memorial Donations.

The SSF is a group of energetic volunteers who are interested in making a difference in the lives of Holliston seniors. We are always looking for additional volunteers and would love to have you. It's a lot of fun and the comradery is unmatched. You'll have a great time and make a tangible difference for others in your community. Monthly meetings are held the third Thursday of the month at 10am, at the Senior Center. If interested, please call 508-429-0622.

Donations may be made payable to:
"Senior Support Foundation" c/o Holliston Senior Center, 150 Goulding St, Holliston, MA 01746.



Sergeant Remkus and Officer Ciavarra, Elder Affairs Officers



Recently, the Holliston Police have been responding to emergencies where we need to speak to relatives or friends about the emergency situation. Officers were not able to locate the person's phone or any contact information. Our recommendation is to have a list of contacts and addresses on your fridge for emergencies. The fridge is a location officers will look to find important information about contacts, medicine, allergies, DNRs, and other vital information.

The department would also like the public to know that we have two specialists at car seat inspections, Officers Grace & Ciavarra. They are trained and certified in car seats for the public. This means the public can request a car seat inspection for their children or grandchildren to ensure the seat is properly inserted in their vehicle. These officers can also install the car seat in your vehicle if you make an appointment with them and bring the car seat with you. This is a great asset we can offer the public free of charge. You must be a Holliston Resident. If you are interested, call the station to check when either Officer Grace or Ciavarra is available to inspect or install your car seat. Show up to your appointment on time with the car seat. Bring any questions or information you wish to ask the officers. Finally, drive off with your newly inspected or installed car seat for your child or grandchild. We are happy to provide this for our citizens and always enjoy the chance to speak with residents.

Thank you again for everything,
Sergeant Remkus & Officer Ciavarra

Michael R. Cassidy Fire Chief and Emergency Management Director



Fire Prevention Tips for Seniors: Cooking Equipment



STAND BY YOUR PAN

The Consumer Product Safety Commission lists unattended cooking as the number one cause of fire injuries at home. Older adults can be especially vulnerable to forgetting to turn off a stovetop or to have a piece of their clothing unknowingly catch on fire. The best preventative measure for fires from cooking equipment is to always "stand by the pan." If you do need to leave the area for a minute, bring a cooking spoon with you to help you remember to return to cooking. As well, keep heated cooking areas clear of other items while cooking. Finally, if a fire does start, use baking soda, not water, to put out the fire.

Monthly Programs

Coffee and Coloring

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

Game Day

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

Legal Advice w/ Atty Bergeron

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

Monthly Breakfast

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

Blood Pressure Clinic

*(Temporarily on hold
Please call to see if it's back)
508-429-0622*
Tuesdays, 9:00-10:00 am
Free Blood Pressure Monitoring
every Tuesday morning by a
registered nurse. No apt necessary.

Writers' Group

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

Legal Hour with Jay Marsden

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

Podiatry Clinic

Wednesday, December 21st
10:00 am -1:00 pm
Dr. William Cooper will be at the
Senior Center with appointments
starting at 10am. Reserve your
time by calling the Center. A fee
of \$40.00 is due at the time of
your appointment and checks
must be made out to Dr. Cooper.

BINGO

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

Veterans Coffee Hour

Third Thursday at 9:30 am
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

December 22nd
12:00 pm
(\$3.00 Donation Requested)
Join us for a new movie 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, BFA
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. Bringing
your own supplies recommended.

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 with
your personal projects. They will
also teach you a new craft project
once a month. A great time to
chat and learn from each other.

Book Club

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

Tune Timers Band

Fridays, 1:00-4:00 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 the Center.

Energy Focus Movement

TUES + THURS, 10:30—11:30AM

Focus your energy on three cornerstones to ensure a more active life: Balance—physical and energetic; Strength—maintain or regain; Flexibility—from surviving to thriving. Linda Bellefeuille is an experienced, licensed instructor who will help you customize your moves to match your needs. Laughter is included! In-person at the Center.

Tai Chi MONDAYS, 1:30—2:30PM

Come learn the ancient art of Tai Chi! Often referred to as “meditation in motion,” Tai Chi provides an internal mind-body system for improved health, balance,

strength and well being. Classes begin with a meditation before beginning the Tai Chi. Available in-person.

Yoga MON + WED, 11:00—12:00PM

Yoga is a wonderful way to stay limber and get more energy! It can stretch and strengthen all your muscles, help boost your circulation, help you get a good night's sleep AND relax and de-stress you! Roberta Weiner, is a Certified Kripalu and Hatha Yoga teacher who runs the Prana Center in Holliston. Join over Zoom or in-person.

Pilates THURSDAYS, 9:00—10:00AM

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

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

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

CRAFT CLASSES

No-Sew Quilted Holiday Pine Cone

In this class, we will be using holiday fabric squares embellished with pine, ribbon and gilded pine cones. Please bring scissors if you can!

Date: Friday, December 2nd at 9:30am
Cost: \$6 Deadline: November 22nd

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 18: *The Keeper of Lost Things* by Ruth Hogan

December 9: *The Sweetness of Water* by Nathan Harris

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

Writers Group

We meet the first Tuesday of the month at 10am in the classroom. All pieces are welcome. Come and enjoy a morning of listening, reading and conversation. Both topics are suggestions.

Hope to see you there ~~

November 1st: *The Colonization of America*

December 6th: *Winter Solstice*



Free Hearing Aid Cleanings!



Wed, November 16th at 1pm
Wed, December 14th at 1pm

Darcy Repucci, MS, CCC-A is a licensed audiologist who grew up in Hopkinton and owns Hopkinton Audiology. Once again, Darcy is generously offering free Hearing Aid cleanings at our center! **Call 508-429-0622 to sign up.**



Monthly Breakfast

November 8th & December 13th at 9am
VETS EAT FREE

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

\$3.00 donation requested.

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

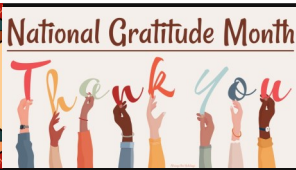


PODIATRY APPOINTMENTS

December 21st from 10am to 1pm





Dr. William Cooper has appointments on December 21st beginning at 10am. Reserve your time by calling the Senior Center at 508-429-0622. A fee of \$40 payable to Dr. Cooper is due at the time of your appointment. Checks should be made to Dr. Cooper.



November 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>9:00 Blood Pressure Clinic 10:00 Writers Group 10:30 Energy Focus Movement 12:30 Zumba Gold 2:00 Coffee with Holliston Police***</p>	<p>2</p> <p>9:30 Walking Fitness 11:00 Yoga 12:00 Weekly Lunch*** 1:00 BINGO 2:00 Tech Class***</p> <p>Dia de los Muertos</p>	<p>3</p> <p>9:00 Pilates (Zoom) 10:30 Energy Focus Movement 12:30 Photography 2:00 Watercolor Class</p>	<p>4</p> <p>9:30 Select Chat*** 9:30 Friday Crafters 1:00 Tune Timers</p> <p>Community Service Day</p>
<p>7</p> <p>9:30 Coloring and Coffee 11:00 Yoga 12:00 Weekly Lunch*** 1:30 Tai Chi 1:30 Game Day 2:00 Tech Class***</p> <p> ← DAYLIGHT SAVINGS ON THE 6TH!</p>	<p>8</p> <p>9:00 Blood Pressure Clinic 9:00 Monthly Breakfast*** 10:00 Legal Hour with Attorney Marsden*** 10:30 Energy Focus Movement 12:30 Zumba Gold</p> <p>ELECTION DAY</p>	<p>9</p> <p>9:30 Walking Fitness 11:00 Yoga 12:00 Weekly Lunch*** 2:00 Council on Aging Board Meeting 2:00 Tech Class***</p>	<p>10</p> <p>9:00 Pilates (Zoom) 9:30 Java with Jay*** 10:30 Energy Focus Movement 12:30 Photography 2:00 Watercolor Class</p>	<p>11</p> <p>CLOSED IN OBSERVANCE OF VETERANS DAY</p> <p> Thank you VETERANS</p>
<p>14</p> <p>9:30 Coloring and Coffee 11:00 Yoga 12:00 Weekly Lunch*** 1:30 Tai Chi 1:30 Game Day 2:00 Tech Class***</p>	<p>15</p> <p>9:00 Blood Pressure Clinic 10:30 Energy Focus Movement 12:30 Zumba Gold</p> <p>America Recycles Day</p>	<p>16</p> <p>9:30 Walking Fitness 11:00 Yoga 12:00 Weekly Lunch*** 1:00 BINGO 1:00 Hearing Aid Cleanings*** 2:00 Tech Class*** 6:00 High School Play and Dinner***</p>	<p>17</p> <p>9:00 Pilates (Zoom) 9:30 Veterans Coffee Hour*** 10:00 Senior Support Foundation Meeting 10:30 Energy Focus Mvmt 12:30 Photography 2:00 Watercolor Class 3:00 Drop-in Tech Help</p>	<p>18</p> <p>9:30 Friday Crafters 12:00 Dementia Friendly Lunch and Learn*** 1:00 Tune Timers 1:30 Book Club</p> <p>Lunch with Lions tomorrow!! →</p>
<p>21</p> <p>9:30 Coloring and Coffee 11:00 Yoga 12:00 Thanksgiving Luncheon*** 1:30 Tai Chi</p> <p><i>(Game Day and Tech Class canceled due to luncheon)</i></p>	<p>22</p> <p>9:00 Blood Pressure Clinic 10:00 Senate President Spilka Listening Hour 10:30 Energy Focus Movement 12:30 Zumba Gold</p>	<p>23</p> <p>9:30 Walking Fitness 11:00 Yoga</p> <p>CENTER CLOSSES AT NOON</p>	<p>24</p> <p>CLOSED IN OBSERVANCE OF THANKSGIVING</p> <p>Give Thanks</p>	<p>25</p> <p>CLOSED IN OBSERVANCE OF THANKSGIVING</p> <p></p>
<p>28</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 2:00 Tech Class***</p>	<p>29</p> <p>9:00 Blood Pressure Clinic 10:30 Energy Focus Movement 12:30 Zumba Gold</p> <p>GIVING TUESDAY</p>	<p>30</p> <p>9:30 Walking Fitness 11:00 Yoga 12:00 Weekly Lunch*** 2:00 Tech Class***</p>		



December 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>9:00 Pilates (Zoom) 10:30 Energy Focus Movement 12:30 Photography 1:00 Holliston Historian Joanne Hulbert*** 2:00 Watercolor Class</p>	<p>2</p> <p>9:30 Select Chat*** 9:30 No-Sew Quilted Holiday Pine Cone Craft Class*** 1:00 Tune Timers</p>
<p>5</p> <p>9:30 Coloring and Coffee 11:00 Yoga 12:00 Weekly Lunch*** 1:30 Tai Chi 1:30 Game Day</p> 	<p>6</p> <p>9:00 Blood Pressure Clinic 10:00 Writers Group 10:30 Energy Focus Movement 12:30 Zumba Gold 2:00 Coffee with Holliston Police***</p>	<p>7</p> <p>9:30 Walking Fitness 11:00 Yoga 12:00 Weekly Lunch*** 1:00 BINGO</p> 	<p>8</p> <p>9:00 Pilates (Zoom) 10:30 Energy Focus Movement 12:30 Photography 1:00 Gary Hylander speaks about Pearl Harbor*** 2:00 Watercolor Class</p>	<p>9</p> <p>9:30 Friday Crafters 11:00 Three Simple Secrets to Greater Contentment*** 1:00 Tune Timers 1:30 Book Club</p>
<p>12</p> <p>9:30 Coloring and Coffee 11:00 Yoga 12:00 Holiday Luncheon*** 1:30 Tai Chi</p> <p><i>(Game Day canceled due to Luncheon)</i></p>	<p>13</p> <p>9:00 Blood Pressure Clinic 9:00 Monthly Breakfast*** 10:00 Legal Hour with Attorney Marsden*** 10:30 Energy Focus Movement 12:30 Zumba Gold</p>	<p>14</p> <p>9:30 Walking Fitness 11:00 Yoga 12:00 Weekly Lunch*** 1:00 Hearing Aid Cleanings*** 2:00 Council on Aging Board Meeting</p> 	<p>15</p> <p>9:00 Pilates (Zoom) 9:30 Veterans Coffee Hour*** 9:30 Java with Jay*** 10:00 Senior Support Foundation Meeting 10:30 Energy Focus Mvmt 12:30 Photography 2:00 Watercolor Class 3:00 Drop-in Tech Help</p>	<p>16</p> <p>9:30 Friday Crafters 1:00 Tune Timers</p>
<p>19</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>Happy Hanukkah!</p> 	<p>20</p> <p>9:00 Blood Pressure Clinic 10:30 Energy Focus Movement 12:30 Zumba Gold</p>	<p>21</p> <p>9:30 Walking Fitness 10:00 Podiatry*** 11:00 Yoga 12:00 Weekly Lunch*** 1:00 BINGO</p> 	<p>22</p> <p>9:00 Pilates 10:30 Energy Focus Movement 12:00 Lunch and a Movie*** 12:30 Photography 2:00 Watercolor Class</p>	<p>23</p> <p>9:30 Friday Crafters 1:00 Tune Timers</p>
<p>26</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>

HOLLISTON SENIOR CENTER MONDAY AND WEDNESDAY LUNCH MENU

November — December 2022

Wednesday, November 2nd

SPAGHETTI AND MEATBALLS, Tossed Salad,
Garlic Bread, Brownies

Monday, November 7th

CHICKEN SALAD WRAP, Apple, Carrot and
Raisin Salad, Cookies

Wednesday, November 9th

SHEPHERD'S PIE, Tomato Soup, Broccoli,
Cheesecake

Monday, November 14th

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

Wednesday, November 16th

SWEET AND SOUR CHICKEN, Chicken Noodle
Soup, Fried Rice with Peas, Marble Cake

Monday, November 21st

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

**Wednesday, November 23rd — No Lunch; Center
closes at 12pm for Thanksgiving**

Monday, November 28th

EGGPLANT PARM SANDWICH, Vegetable Soup,
Macaroni Salad, Tapioca Pudding

Wednesday, November 30th

BEEF, PEPPERS & ONIONS, Tossed Salad, Egg
Noodles, Corn, Apple Pie

Monday, December 5th

CHICKEN BROCCOLI ZITI, Carrots,
Garlic Bread, Pudding

Wednesday, December 7th

MEATLOAF, Tomato Soup, Mashed
Potato, Peas and Mushrooms, Cookies

Monday, December 12th

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

Wednesday, December 14th

BEEF STEW, Fruit Salad, Biscuit,
Carrots, Cupcakes

Monday, December 19th

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

Wednesday, December 21st

BAKED HAM, Mashed Sweet Potato,
Corn Chowder, Assorted Pastries

**—NO LUNCHESES DECEMBER 26TH
THROUGH JANUARY 2ND—**



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.

NOVEMBER: IS IT TIME TO CHANGE MEDICARE PLANS?

It's time to look in the mirror, look at the crystal ball, and decide what you need for health care insurance next year. Elder law attorney Arthur Bergeron gives you a strategy to figure this all out, and some tools to do it.

DECEMBER: GIVING December is a great time to think about the gifts you want to make right now, and the ones you want to make after you die. Elder law attorney Arthur Bergeron helps you think about a strategy for giving now and giving later.



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: November 28 and December 19
Call the Senior Center at 508-429-0622 to sign up.

Estate Planning & Wealth Management with Attorney Jay Marsden

Helping clients plan and secure their legacy for future generations

Tues, November 8th & December 13th-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

(Thursdays below at 9:30am)



Enjoy your morning cup of coffee and join Jay for a workshop to learn about different estate planning strategies from the comfort of your own home via Zoom! Each month will feature a different topic and a conversational Q&A. Advance registration is required for the Zoom number/link. *Please call the Senior Center at 508-429-0622 to sign up!*

November 10 —What Happens When You Have No Will

December 15—Planning for your Grandchildren

SHINE — Serving the Health Insurance Needs of Everyone

Medicare Open Enrollment

Call soon to schedule your appointment for any time from October 15 through December 7

Don't miss your chance to change plans—SHINE can help!

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. Some Medicare regulation changes related to the Inflation Reduction Act will go into effect for 2023, so it is more important than ever to review your options.

Call our Senior Center (508-429-0622) 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.



Dr. Gary Hylander presents...

**“Pearl Harbor”
December 8, 2022**

We are pleased to invite Dr. Gary Hylander back to our Center in December for another dive into US history.

For December, he will be speaking about Pearl Harbor, the day after Pearl Harbor Remembrance Day.



Presentation kindly sponsored by Timothy Daniels House
Please sign up by calling our receptionist at 508-429-0622

Resources For Services and Information

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

ANNOUNCEMENTS FROM OUR CENTER

A Note from our Bookstore...

After over 30 years, Book Store prices have changed. Please note:

- ◇ Hardcover Books are \$1
- ◇ Paperback Books are 50 cents
- ◇ Children's Books are 50 cents
- ◇ Books on CD are 50 cents

■ The Bookstore will take donations on **Tuesdays and Thursdays from 12-3**

■ Books must have book jackets and be in saleable condition. No Brown spots

■ We cannot take over-sized Coffee Table books.

■ If you have questions, please call the center



We're inviting you to lunch!!

When? Every Monday and Wednesday 12-1pm

Where? Senior Center Dining Room

What? Check out our monthly menu on page 8!



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

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

Three Simple "Secrets" to Greater Contentment w/ Lisa our Director! **Friday December 9, 11-12:30pm**

Join Holliston Senior Center Director, Lisa Borchetta in an experiential workshop where we will learn how to squeeze a little more happiness out of our daily lives. We'll talk about: *Gratitude, Savoring and Mindfulness* and how these simple "practices" can expand and grow our awareness of all the little joys that surround us on a daily basis. We'll chat a bit about Positive Psychology and how these three techniques can affect how we feel. We'll also experiment with easy exercises that you can immediately incorporate into your life.

"Looking forward to spending this time with you." – Lisa



Call 508-429-0622 to sign up!

The Senior Safe Program

Thanks to a partnership with the Holliston Fire Department and a Senior SAFE grant, grab bars, carbon monoxide detectors, and smoke detectors can be installed in the homes of older adults in our community who meet certain eligibility requirements. All items are provided at no cost.

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



Drop-in TECH HELP!

Jonah, a Holliston High Schooler, will be here to teach you new skills or help with tech issues at no cost!

He'll be at our Center:

Thurs. November 17 at 3-4pm

Thurs. December 15 at 3-4pm

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



FUEL ASSISTANCE

Applications for Fuel Assistance are on the way. This program runs from November 1st through April 30th, 2023, and is available for both homeowners and renters. The Senior Center can assist any resident of Holliston (regardless of age) with the application. If you think you might qualify, need more information, or want to set up an appointment, call Melicia at 508-429-0622.



LUNCH WITH THE LIONS **Saturday, November 19th at 12pm — FREE**



The Holliston Lions Club is inviting you to lunch! Enjoy a sandwich, chips, a treat, cold refreshments and some GREAT company!

Lunch is IN-PERSON only.

Sign up by calling the Senior Center at 508-429-0622 before Nov 15th.

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 Melicia if you would like a pair 508-429-0622

A Note from our Good as New Shoppe....

The Good as New Shop accepts small household items in salable condition, CDs, DVDs, and puzzles.

We do not accept records, games, pictures, or picture frames.

Thank you!



"DEMENTIA FRIENDLY LUNCH AND LEARN"

Topic: "Ten Days with Dad"

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

Date: Friday, November 18th at 12pm,

Lunch is provided for FREE

RSVP is Required — call 508-429-0622, tell us if you need a ride!

Local resident and author, Mark Resnick, discusses his new book, "Ten Days with Dad." It is an account of his personal exploration of grief, memory, and identity during his father's darkest days of Alzheimer's Disease and COVID-19. Out of the most difficult times, Mark found purpose, passion, and peace. As a special gift, participants will receive a FREE COPY of the book to take home. This program is possible through the generous funding of Bay State Savings Foundation.

VERIZON CHANNELS
32—PUB 33—ED 34—GOV

Holliston Cable Access Television - HCAT

COMCAST CHANNELS
8—PUB 96—ED 11—GOV

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

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

CAN YOU HELP WITH THE COST OF THIS NEWSLETTER?

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

Name: _____

Address: _____ Town: _____ Zip: _____

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

November 8th is Election Day!

Do you need a ride to the polls? The Senior Center van would be happy to take you! Please call the MWRTA at 508-820-4650 to schedule your ride. Call Melicia if you have any questions: 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



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 • Hopkinton 	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 • Hopkinton 	<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, Stephen Whitermore and Scott Babitts
 S.H.I.N.E. (Serving the Health Information Needs of Everyone) - Pegg Rowe

Council on Aging

Board Officers

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

Members: Janet Alexander, Lynn Bajdek, Millie Bedard, Georgia Papavasiliou

Associate Members: Peter Eagan

Meetings are held the second Wednesday of the month at 2:00 pm.



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 — November/December 2022

Thank you for making

2022 an incredible year!

- Senior Support Foundation and The Fall Fair Committee
- Our wonderful volunteers
- Our fantastic instructors
- Our fellow municipal departments
- Attorney Jay Marsden
- Attorney Arthur Bergeron
- The Executive Office of Elder Affairs
- The MWRTA
- The Holliston Police
- The Holliston Public Library
- The Holliston Lions Club
- Holliston High School
- Robert Adams Middle School
- Holliston Newcomers and Neighbors
- The Tune Timers
- The Girl Scouts
- The Boy Scouts
- The Cub Scouts
- Holliston VFW & American Legion
- The Knights of Columbus
- AARP Tax Aide
- Holliston Cultural Council
- The MetroWest Health Foundation
- Metropolitan Area Planning Council
- Holliston Pantry Shelf
- Mary Ann Morse Healthcare
- Timothy Daniels House
- Holliston Youth and Family Services
- BayPath Elder Services
- Holliston Superette
- The Residence at Valley Farm
- Sayva Services and Pat Boyd
- Judge Squires-Lee
- Stop and Shop Milford
- Shaw's of Medway
- Silverwood Farm
- Joseph W. and Faith K. Tiberio Charitable Foundation

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)

Need a ride? No longer have a car? Looking to go shopping, to appointments or into the community more?

Try the Senior Center van! Our van has weekly trips to Shaw's, Market Basket and Salon de Bella. We can get you to your appointments, take you shopping, to the bank, to Dunkin', to the pharmacy & more!

Call Melicia for more info!
508-429-0622

A BIG THANK YOU to all those that participated in the Holliston Senior Center & UMass-Boston Survey!!!
Your input will help us as we plan and implement programs and services to meet your needs and wants, now and in the future!

—The Holliston Council on Aging and the Holliston Senior Center!

(Stay tuned for information about the presentation of the survey results in January, 2023.)