



# HOLLISTON SENIOR CENTER NEWS

Holliston Senior Center

September / October 2022

I suppose it is a throwback to childhood, or at least to being a parent – but September always feels like the start of a new year, don't you think so? Even if you're long past starting a new school year and are happily living in retirement, September calls us to new beginnings and new learning of one sort or another.

Here at the Center, we are anticipating the Senior Support Foundation's Fall Fair, as the long-time volunteers and new recruits are coming into the final stretch of months of preparations for this annual fundraising event to support the Holliston Senior Center. Their work and the generous support of the community who have donated time, energy and goods is most sincerely appreciated. We hope you stop by and enjoy some of the good cheer and great finds on Saturday, September 10<sup>th</sup>. You never know what treat or treasure awaits!

In other BIG NEWS – September marks the mailing of the Senior Center Survey, which is being conducted for us by the *University of Massachusetts – Boston, Gerontology Institute*. Look for a postcard to be mailed to you announcing the survey in early September. In mid-September, you will receive the confidential survey and a postage paid envelope in the mail, with complete instructions and due date information. We sincerely want to hear from Holliston's 55+ population so that we can increase our understanding of your needs and wants and factor that information into the programming and services we provide. Make your voice heard – we will be listening with open ears, hearts and minds. This is the FIRST TIME the Holliston Senior Center has taken on a survey of its 55+ residents, so don't miss your chance to participate!





It's going to be a busy September and we are looking forward to welcoming you "back," even if you haven't been here before. Every moment is an opportunity to learn, to grow, to experience, to feel and to connect with the familiar and with the new. Let the Holliston Senior Center be a part of that moment with you.

Warmly,

Lisa

(Lisa Borchetta, Director – Holliston Senior Center)



<p><b>Senate President Spilka's Senior Health &amp; Wellness Fair</b>  <b>Saturday, October 22</b>  <b>9:00am-1:30pm at Joseph P. Keefe Technical School, 750 Winter Str, Framingham</b></p>	<p><b>Important Calendar Notes</b>           The Center will be CLOSED          September 5th: Labor Day          October 10th: Columbus Day</p>	<p>  <b>LGBTQ+ FRIENDLY</b></p>	<p><b>IMPORTANT NOTE</b>          All events are subject to change if COVID Guidelines change</p>	<p>150 Goulding Street          Holliston, MA 01746          (508) 429-0622  <b>Senior Center Hours</b>          Monday—Thursday          9:00 am to 4:00 pm          Friday          9:00 am to 3:00 pm</p>
<p>Presentations throughout the day and many other activities! The free event will include fun and informative activities for older adults, as well as food, workshops, live music, vendors, and raffles.</p>	<p><b>Intro to Technology Class</b>          Brought to you by Sayva Services </p> <p>Want to learn how to use the internet? Create and use an email account? Organize your digital photos? Are you worried about internet safety? Learn about all of this and so much more with our Intro to Technology Class offered by David Sullivan of Sayva Services . Thanks to generous funding by <i>The MetroWest Health Foundation</i>, we are offering this class completely free of charge. Participants will be given a tablet to learn from and all participants who attend 75% of classes will be able to keep their tablet at the end of the program.</p> <p>The first class will be Monday, Oct. 3rd. Classes will take place on Mondays and Wednesdays from 2pm to 3pm at our Center.</p> <p><b>Call the Senior Center by Sept 26th to sign up! 508-429-0622</b>  <i>SayvaServices offers training on personal electronic devices so that seniors can take advantage of electronic communication, online entertainment, and educational resources or surf the web for information or on-line shopping.</i></p>			<p><b>The Senior Center Survey!</b>          The Town of Holliston, in partnership with UMASS Boston, has embarked on a Community needs assessment to identify current and long-term needs of residents aged 55 and over. You will receive a postcard alerting you to the project. Soon after, you will receive a survey in the mail. The survey should only take 15 minutes to complete.  <b>Please complete the survey and return it in the self-addressed, stamped envelope by October 14th.</b></p>
<p><b>Annual Fall Fair</b>          Saturday,          September 10th          9am to 3pm</p> 				

## Halloween Luncheon

Wednesday October 26th  
12:00PM

Join us for a Hawaiian-style lunch of Hawaiian chicken, rice pilaf, green beans, dinner rolls and Macadamia nut cookies prepared by the staff of Mary Ann Morse. Entertainment by Tony Funches of the world famous, The Platters!



A \$3 donation is requested to cover the cost of paper goods and drinks. Entertainment and food generously provided by

Mary Ann Morse Healthcare Corp.

Please call the Senior Center at 508-429-0622 by Oct 19th to sign up!

### BAKERS NEEDED!

The Senior Center's Bake Sale Committee is looking for bakers to donate homemade pies, brownies, cookies, cupcakes, hermits and other baked goods to our September Fall Fair.

Frequent needs: Gluten-free, Sugar-free, Nut-free

Not a baker? You can instead donate individual bags of chips, soda, hotdog rolls and hamburger buns, and other goods.



Please call the Senior Center at 508-429-0622 if you can help! Baked goods can be dropped off Friday, Sept. 9th, from 9am to 3pm.

### MEET OUR TOWN ASSESSORS!

They will be hosting a workshop and clinic this Fall

**Workshop: How Are My Property Taxes Calculated?**

**Date: Tuesday, September 20th at 11am**

How do the assessors calculate the value of my house and land? Why did my taxes go up if I have done nothing to my house or land? Do I qualify for any kind of tax relief? Why does my auto excise tax bill change every year?

These questions and any others you have about property taxes and auto excise taxes will be answered by Holliston's Principal Assessor, Kevin Rudden, and Principal Clerk, Sharlene Harris.



**Clinic: Do I Qualify for any Tax Relief?**

**Date: Tuesday, October 25th at 11am**

Kevin will give an overview of how the property tax system works in Massachusetts and how the Registry of Motor Vehicles calculates your auto excise tax. He'll also tell you about a new exemption Holliston is asking the state legislature to approve. Sharlene will explain what property tax exemptions are available to seniors and what info is needed to apply for them. The Assessing staff will help you fill out exemption applications and answer your questions about specific exemptions and Holliston's taxes.

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



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



1. **"Select Chat"** *\*\*Date Change in Sept, see Calendar\*\**  
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.



## COFFEE HOUSE RETURNS!

Tuesday, September 27th from 2 — 3pm

Join us for coffee (or tea) and delicious pastries while relaxing to live folk and acoustic ballads.

Entertainment by Rob Ledoux. This program is generously sponsored by

*The Residence at Valley Farm.*

Call the Senior Center by September 22nd to let us knowing you'll be joining!

508-429-0622



## Lunch and a Movie



**Celebrates LGBTQ+ History Month**

**Thursday, October 27th — 12:00 PM**

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

**"The Best Exotic Marigold Hotel"**

PG-13 — 2011 — Drama, Romance — 2hr 4mi

Some British retirees (Judi Dench, Maggie Smith, Bill Nighy) decide to outsource their retirement to exotic -- and less expensive -- India. Lured by advertisements for the newly restored Marigold Hotel and imagining a life of leisure in lush surroundings, they arrive and find that the Marigold is actually a shell of its former self. Though their new home is not quite what they had imagined, the retirees find that life and love can begin again when they let go of their pasts.

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

Please call 508-429-0622.



# SENIOR CENTER ANNUAL FALL FAIR!

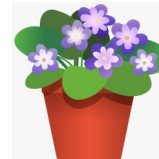
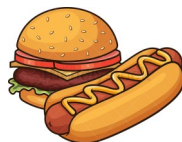


Saturday, September 10, 2022, 9:00am—3:00pm

Although most folks think of the Fall Fair as the Senior Center’s Fair, it is actually run by the Senior Support Foundation (SSF). The Fair is the primary source of revenue for the SSF. The SSF funds classes as well as monthly breakfasts and special events. The Fair offers something for everyone, from our giant yard sale, to baked goods, books, art and frames, linens, raffles, and so much more. It is great for the whole family, and 100% of money raised supports the Senior Center and the Seniors of Holliston. What many people do not realize is that it is the SSF, along with participants’ donations, that pays for all classes and programs at the Center. No taxpayer money is used for our programs. They also support other senior needs in the community.

**What you will find at our Fair:**

- Yard Sale
- Gently-Used Books
- Jewelry
- Videos & Music
- Linens
- Craft / Sewing
- Frames / Artwork
- Raffle
- Baked Goods
- Silent Auction
- Refreshments
- Produce / Plants
- Good-As-New-Shoppe
- One-of-a-kind treasures



**Please join us on September 10th for a fun filled day, supporting your neighbors!**



**Michael R. Cassidy**  
**Fire Chief and Emergency Management Director**

The National Fire Protection Association® (NFPA®) has announced “Fire Won’t Wait. Plan Your Escape™” as the theme for Fire Prevention Week™, October 9-15, reinforcing the critical importance of developing a home escape plan with all members of the household and practicing it regularly. In addition, this October represents the 100th anniversary of Fire Prevention Week, the nation’s longest-running public health observance on record.

“This year’s Fire Prevention Week campaign capitalizes on its milestone anniversary, celebrating all we’ve accomplished in reducing the public’s risk to fire over the past hundred years,” said Lorraine Carli, vice president of the NFPA Outreach and Advocacy division. “At the same time, the theme, ‘Fire Won’t Wait. Plan Your Escape,’ addresses challenges that remain.”

According to NFPA data, home — the place people feel safest from fire — is actually where they are at greatest risk, with 74% of all U.S. fire deaths occurring in homes. When a home fire occurs, it’s more likely to be serious; people are more likely to die in a home fire today than they were in 1980.

“Today’s homes burn faster and hotter than they used to, limiting the amount of time they have to escape,” said Carli. “In a typical home fire, you may have just 2 minutes to get out from the time the smoke alarms sounds.”

Developing a home escape plan with all members of the household and practicing it regularly ensures that everyone knows what to do when the smoke alarm sounds and uses that time wisely.

Following are key messages behind this year’s theme:

- Make sure your home escape plan meets the needs of all your family members, including those with sensory or physical disabilities.
- Smoke alarms should be installed inside every sleeping room, outside each separate sleeping area, and on every level of your home. Smoke alarms should be interconnected so when one sounds, they all sound.
- Know at least two ways out of every room, if possible. Make sure all doors and windows open easily.
- Have an outside meeting place a safe distance from your home
- Practice your home fire drill at least twice a year with everyone in the household, including guests. Practice both during the day and at night.

Fire Prevention Week works to educate people about the leading risks to home fires and ways they can better protect themselves and their loved ones.

To learn more about Fire Prevention Week, its 100th anniversary, and this year’s theme, visit [www.nfpa.org/fpw](http://www.nfpa.org/fpw).



**Sergeant Remkus and Officer Ciavarra**  
**Elder Affairs Officers**

The fall is fast approaching and that means the leaves will be changing along with children going back to school. It’s also the time of year we like to remind people to change their rituals. Complacency when we are driving is dangerous because as we adapt to the summer, it becomes fall. The fall brings commuters to work back on the streets, children waiting at the bus stop or walking to school. Remember, anything worth checking is worth checking twice. That means at the stop sign or taking a turn onto the road check twice for pedestrians, bicyclists, motorcycles, animals and other cars. More caution has to be devoted to looking out for school buses and running children. Which brings us to the point of pedestrian safety. When walking, pedestrians walk against traffic while bicyclists ride with traffic.

The sun will be setting sooner and that means you should wear something bright and reflective on your walks to ensure you are visible to everyone. When crossing the street, it is important the pedestrian makes their intention to cross the street known to drivers. Only cross when the travel lane closest to you stops, proceed into the road a foot, still close enough to be able to step back away from traffic but be able to make eye contact with the opposing traffic lane to give your intent to cross. Once all lanes have stopped it is safe to cross the street.

Finally, ensure you change your home rituals as well. Do not leave the lights on at the same time or leave the same time of day. This ensures that if someone was watching your house, they can not set up a routine when you are home or away. If you are going to be away for long periods of time, notify the police department to conduct house checks and neighbors to keep an eye on your property. Make sure your exterior lighting is working, invest in cameras that monitor your house or speak with an alarm company. As we said, with one season ending and another beginning, it means a change for all of us.

As always, be safe,  
Sergeant Remkus and Officer Ciavarra

# 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 10.

## **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, October 26th  
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**

Last Thursday of October  
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, 9:30AM**

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 Pumpkin**

Create a beautiful and unique, no-sew fabric pumpkin using Autumn's colors, leaves and flowers.

**Date: Friday, September 30th at 9:30am**

**Cost: \$6, Deadline: September 23rd**



**Autumn Wreath**

Create an elegant Thanksgiving Wreath using a bounty of fruit and flowers of the season.

**Date: Friday, October 28th at 9:30am**

**Cost: \$6, Deadline: October 21st**



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

## **BOOK CLUB—Special meeting!**

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

**September 16:** *Leaving Coy's Hill* by Katherine Sherbrooke. \*\*Katherine will be attending this meeting by Zoom! Grab a copy of the book and don't miss this special chance to meet the author!

**October 14:** *The Nickel Boys* by Colson Whitehead

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



### **“DEMENTIA FRIENDLY LUNCH AND LEARN”**

*Location: UUAC Church Conference Room 11, Washington Street in Sherborn, transport available through Holliston van*

Holliston and Sherborn COAs invite you to a free monthly Lunch and Learn focused on learning more about Dementia, Memory Care and more. Lunch is provided free.

◇ **Friday, September 30th at 12pm**

**Mass General/Brigham and Women**

“Where to start?” Discussion and Q&A about Memory Loss Conversations with Lenore Jackson-Pope, MSM, BSN, CCRP, of the Massachusetts Alzheimer’s Disease Research Center.

◇ **Friday, October 28th at 12pm**

**JFS of Metrowest**

“Movement and Memory” Discussion and Demonstration on the connection between fitness, stress, and memory with Laila Vehvilainen, MS, MPH, CPT, Geriatric Care Manager for JFS and Fitness Specialist.

To sign up, please call 508-429-0622. Let the receptionist know if you would like to schedule transportation to Sherborn via our van.



### **Dr. Gary Hylander presents...**

**October 6th at 1:00pm**



We are pleased to invite Dr. Gary Hylander back to our Center in October for another exciting dive into US history. He shares many stories you've likely never heard! The topic of the presentation will be determined. Stay tuned!

*Presentation kindly sponsored by Timothy Daniels House*

### **Monthly Breakfast**

September 13th & October 11th 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.**



# September 2022



**Classical Music Month**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>***RESERVATIONS ARE REQUESTED IN ADVANCE. CALL THE SENIOR CENTER AT 508-429-0622</b></p>			<p><b>1</b></p> <p>9:00 Pilates (Zoom) 10:30 Energy Focus Movement 12:30 Photography 2:00 Watercolor Class</p>	<p><b>2</b></p> <p>9:30 Friday Crafters 1:00 Tune Timers</p>
<p><b>5</b></p> <p>CLOSED FOR LABOR DAY</p> 	<p><b>6</b></p> <p>9:00 Blood Pressure Clinic 10:00 Writers Group 2:00 Coffee with Holliston Police***</p>	<p><b>7</b></p> <p>11:00 Yoga (Zoom only) 12:00 <b>Weekly Lunch***</b> 1:00 BINGO —Exercise and other classes are canceled this week in preparation of Fall Fair. POOL ROOM IS CLOSED—</p>	<p><b>8</b></p> <p>9:00 Pilates (Zoom)</p>	<p><b>9</b></p> <p><b>FALL FAIR TOMORROW!!</b></p> 
<p><b>12</b></p> <p>9:30 Coloring and Coffee 11:00 Yoga 12:00 <b>Weekly Lunch***</b> 1:30 Tai Chi 1:30 Game Day</p>	<p><b>13</b></p> <p>9:00 <b>BayPath Grab and Go Produce***</b> 9:00 Blood Pressure Clinic 9:00 <b>Monthly Breakfast***</b> 10:00 <b>Legal Advice with Attorney Marsden***</b> 10:30 Energy Focus Movement 12:30 Zumba Gold</p>	<p><b>14</b></p> <p>9:30 Walking Fitness 11:00 Yoga 12:00 <b>Weekly Lunch***</b> 2:00 Council on Aging Board Meeting</p>	<p><b>15</b></p> <p>9:00 Pilates (Zoom) 9:30 <b>Veterans Coffee Hour***</b> 10:30 Energy Focus Movement 12:30 Photography 2:00 Watercolor Class 3:00 <b>Tech drop-in***</b></p>	<p><b>16</b></p> <p>9:30 <b>Select Chat***</b> 9:30 Friday Crafters 1:00 Tune Timers 1:30 Rescheduled Book Club <i>Lunch with Lions tomorrow!</i></p> 
<p><b>19</b></p> <p>9:30 Coloring and Coffee 11:00 Yoga 12:00 <b>Weekly Lunch***</b> 1:30 Tai Chi 1:30 Game Day</p>	<p><b>20</b></p> <p>9:00 Blood Pressure Clinic 10:30 Energy Focus Movement 11:00 <b>How are my Property Taxes Calculated?***</b> 12:30 Zumba Gold</p>	<p><b>21</b></p> <p>9:30 Walking Fitness 11:00 Yoga 12:00 <b>Weekly Lunch***</b> 1:00 BINGO</p> 	<p><b>22</b></p> <p>9:00 Pilates (Zoom) 10:30 Energy Focus Movement 12:30 Photography 2:00 Watercolor Class</p> 	<p><b>23</b></p> <p>8:15am <b>Twin River Casino Day Trip***</b> 9:30 Friday Crafters 1:00 Tune Timers</p>
<p><b>26</b></p> <p>9:30 Coloring and Coffee 10:00 <b>Legal Advice w/ Attorney Bergeron***</b> 11:00 Yoga 12:00 <b>Weekly Lunch***</b> 1:30 Tai Chi 1:30 Game Day</p>	<p><b>27</b></p> <p>9:00 Blood Pressure Clinic 10:30 Energy Focus Movement 12:30 Zumba Gold 2:00 <b>Coffee House***</b></p>	<p><b>28</b></p> <p>9:30 Walking Fitness 11:00 Yoga 12:00 <b>Weekly Lunch***</b></p>	<p><b>29</b></p> <p>9:00 Pilates 9:30 <b>Java with Jay***</b> 10:30 Energy Focus Movement 12:30 Photography 2:00 Watercolor Class</p> 	<p><b>30</b></p> <p>9:30 <b>No-Sew Pumpkin Craft Project***</b> 12:00 <b>Dementia Friendly "Lunch and Learn" in Sherborn***</b> 1:00 Tune Timers</p>



# October 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
9:30 Coloring and Coffee 11:00 Yoga 12:00 <b>Weekly Lunch***</b> 1:30 Tai Chi 1:30 Game Day 2:00 <b>Tech Class***</b>	9:00 Blood Pressure Clinic 10:00 Writers Group 10:00 <b>Legal Advice with Attorney, Marsden***</b> 10:30 Energy Focus Movement 12:30 Zumba Gold 2:00 <b>Coffee with Holliston Police***</b>	9:30 Walking Fitness 11:00 Yoga 12:00 <b>Weekly Lunch***</b> 1:00 BINGO 2:00 <b>Tech Class***</b> 	9:00 Pilates (Zoom) 10:30 Energy Focus Movement 12:30 Photography 1:00 <b>Gary Hylander***</b> 2:00 Watercolor Class	9:30 <b>Select Chat***</b> 9:30 Friday Crafters 1:00 Tune Timers 
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>CLOSED FOR COLUMBUS DAY</b> 	9:00 Blood Pressure Clinic 9:00 <b>Monthly Breakfast***</b> 10:30 Energy Focus Movement 12:30 Zumba Gold 	9:30 Walking Fitness 11:00 Yoga 12:00 <b>Weekly Lunch***</b> 2:00 Council on Aging Board Meeting 2:00 <b>Tech Class***</b>	9:00 Pilates (Zoom) 10:30 Energy Focus Movement 12:30 Photography 2:00 Watercolor Class	9:30 Friday Crafters 1:00 Tune Timers 1:30 Book Club
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
9:30 Coloring and Coffee 11:00 Yoga 12:00 <b>Weekly Lunch***</b> 1:30 Tai Chi 1:30 Game Day 2:00 <b>Tech Class***</b>	9:00 Blood Pressure Clinic 10:30 Energy Focus Movement 12:30 Zumba Gold	9:30 Walking Fitness 11:00 Yoga 12:00 <b>Weekly Lunch***</b> 1:00 BINGO 2:00 <b>Tech Class***</b>	9:00 Pilates (Zoom) 9:30 <b>Veterans Coffee Hour***</b> 10:30 Energy Focus Movement 12:00 Watercolor Art Show 12:30 Photography 2:00 Watercolor Class 3:00 <b>Tech drop in***</b>	9:30 <b>Art Museum Day Trip***</b> 9:30 Friday Crafters 1:00 Tune Timers <i>Senate President Spilka's Health and Wellness Fair on Saturday!</i> 
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
9:30 Coloring and Coffee 10:00 <b>Legal Advice w/ Attorney Bergeron***</b> 11:00 Yoga 12:00 <b>Weekly Lunch***</b> 1:30 Tai Chi 1:30 Game Day 2:00 <b>Tech Class***</b>	9:00 Blood Pressure Clinic 10:30 Energy Focus Movement 11:00 <b>Do I Qualify for Any Tax Relief?***</b> 12:30 Zumba Gold	10:00 <b>Podiatry***</b> 11:00 Yoga 12:00 <b>HALLOWEEN LUNCH***</b> 2:00 <b>Tech Class***</b> 	9:00 Pilates 9:30 <b>Java with Jay***</b> 10:30 Energy Focus Movement 12:00 <b>Lunch and a Movie***</b> 12:30 Photography 2:00 Watercolor Class	9:30 <b>Autumn Wreath Craft Project***</b> 12:00 <b>Dementia Friendly "Lunch and Learn" in Sherborn***</b> 1:00 Tune Timers
<b>31</b>				
9:30 Coloring and Coffee 11:00 Yoga 12:00 <b>Weekly Lunch***</b> 1:30 Tai Chi 1:30 Game Day 2:00 <b>Tech Class***</b> 				<b>***RESERVATIONS ARE REQUESTED IN ADVANCE. CALL THE SENIOR CENTER AT 508-429-0622</b>

## HOLLISTON SENIOR CENTER MONDAY AND WEDNESDAY LUNCH MENU

### September — October 2022

**Monday, September 5th — Closed for Labor Day**

**Wednesday, September 7th**

BBQ CHICKEN, Mac and Cheese, Caesar Salad,  
Asparagus, Jell-O

**Monday, September 12th**

SHEPHERD'S PIE, Tomato Soup, Green Beans,  
Cake

**Wednesday, September 14th**

SWEET AND SOUR CHICKEN, Vegetable Soup,  
Veggie Fried Rice, Cauliflower, Pie

**Monday, September 19th**

SWEDISH MEATBALLS, Tossed Salad, Egg Noodles,  
Carrots, Cheesecake

**Wednesday, September 21st**

BANGERS AND MASH, Minestrone Soup, Corn,  
Baked Beans, Oatmeal Cookies

**Monday, September 26th**

CHICKEN POT PIE, Caesar Salad, Squash,  
Cupcake

**Wednesday, September 28th**

American Chop Suey, Cucumber Salad, Assorted  
Fruit, Roll

**Monday, October 3rd**

PARMESAN CRUSTED CHICKEN,  
Cheddar Broccoli Soup, Mashed Sweet  
Potato, Peas, Brownies

**Wednesday, October 5th**

BAKED HAM, Corn Chowder, Baked  
Potato, Broccoli, Apple Pie

**Monday, October 10th — Columbus  
Day**

**Wednesday, October 12th**

Meat Loaf, Tomato Soup, Scalloped  
Potato, Mixed Vegetables, Chocolate  
Chip Cookies

**Monday, October 17th**

SPAGHETTI AND MEATBALLS, Beef  
Barley Soup, Corn, Pudding

**Wednesday, October 19th**

CHILI, Tossed Salad, Corn Bread, Green  
Beans, Lemon Cake

**Monday, October 24th**

CHICKEN CACCIATORE, Caesar  
Salad, Linguini, Zucchini, Banana Bread

**Wednesday, October 26th**

HALLOWEEN LUNCHEON—  
Hawaiian Chicken, Rice Pilaf, Green  
Beans, Dinner Rolls and Macadamia Nut  
Cookies, prepared by the staff of Mary  
Ann Morse. \$3 donation requested to  
cover the cost of drinks and paper goods.

**Monday, October 31st**

ROAST CHICKEN, Chicken Noodle  
Soup, Roasted Seasoned Potatoes,  
Broccoli, Pumpkin Pie

***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.

**SEPTEMBER: YOUR LAST YEAR.** You may be living the last year of your life right now. Learn about the people and programs that can help you deal with the frailty that often precedes death, and with the things you need to take care of before you pass.



**OCTOBER: STAYING IN CONTROL.** Make sure you have the people in place (through your Power of Attorney and Health Care Proxy) to help you with things if you become incapacitated, and that you have made it clear how you want things to be handled if you can't handle them. Elder law attorney Arthur Bergeron gives you the horror stories and the ways to prevent them.

**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: September 26 and October 24  
**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, September 13th & October 4th—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!*

**Sept 29** —3 Ways to Transfer Real Estate to Heirs

**October 27** —Blended Family Planning

**SHINE — Serving the Health Insurance Needs of Everyone**

**Medicare Open Enrollment**

SHINE can help! Call soon to schedule your appointment for any time from October 15 through December 7.



It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/ PPO), you should be mailed an information packet from your plan by the end of September. It is important to understand and save this information because it explains the changes in your plan for 2023. Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly!

Trained SHINE volunteers offer free, confidential and unbiased counseling on Medicare options. To schedule a SHINE appointment, call our Center at 508-429-0622. For other SHINE related matters, call 1-800-243-4636, then press or say 4. Once you get the SHINE answering machine, leave your name, town, and number. A volunteer will call you back, as soon as possible.

**Recruiting Older Adults for a Clinical Study**

Brigham and Women's Hospital is launching a digital Fall Prevention Research study in partnership with Best Buy Health in Boston. BWH is now recruiting research participants for this study! This research study will give people the opportunity to participate in a digitally-delivered, home-based motivational fall prevention exercise program. 

If you or a loved one in the Greater Boston area is at least 65 years old and has fallen in the last year or is concerned about falling, please contact 617-525-9159 to learn more. Participants will be compensated for their participation.

***Resources For Services and Information***

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

VERIZON CHANNELS  
32—PUB 33—ED 34—GOV

**Holliston Cable Access Television - HCAT**

COMCAST CHANNELS  
8—PUB 96—ED 11—GOV

Do you know how much HCAT has to offer? Did you know that you can watch recorded presentations from the Senior Center? Upcoming programs include: A Performance by Tim Van Egmond, Chief Cassidy's Emergency Preparedness Presentation, 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](http://www.HCATTV.org) and add a few of these exciting programs to your daily schedule!

**Habitat for Humanity & Holliston Senior Center Home Repair Program**

The Greater Worcester Area - Habitat for Humanity and the Holliston Senior Center are partnering in a new 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.

Qualifying households must be: \* Holliston residential homeowners \* Who meet qualifying income restrictions \*And are current on their mortgage, property taxes and insurance\*



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

**Drop-in TECH HELP!**

Jonah, a Holliston High Schooler, will be here to help fix any tech issues you have at no cost! He'll be at our Center:

**Thurs. September 15th at 3pm**  
**Thurs. October 20th at 3pm**

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



**Watercolor Art Show!**

Musical Accompaniment, Holliston's own, "Boney and Clyde"  
Traditional American music, on Banjo and Guitar  
Thursday, October 20th from 12pm to 2pm

The Senior Center's Watercolor students have been hard at work, creating incredible art every Thursday, led by their instructor, Brenda Goldman. Join us on October 20th to see their work and meet the artists! We will have live music and light refreshments will be served.



Call the Center if you'd like to join! 508-429-0622

**FALL DAY TRIPS**

Space is limited!  
Call 508-429-0622

- |   |  |
|---|--|
| <p><b>1. Twin River Casino</b><br/>Friday, September 23rd<br/>Arrive at the Center at 8:15am<br/>Bus departs at 8:30am<br/>Depart Twin River at 2pm<br/>Transportation cost: \$17<br/>Sign-up Deadline: Sept.16th</p> | <p><b>2. Worcester Art Museum</b><br/>Friday, October 21st<br/>Arrive at the Center at 9:30am<br/>Bus Departs: 9:45am<br/>Transportation Cost: \$14<br/>Ticket Cost: \$14 (age 65+)<br/>Total Price per person: \$28<br/>Sign-up Deadline: Oct. 14th</p> |
|---|--|

**Writers Group**



We meet the first Tuesday of the month at 10am in the classroom. Come and hear some good writing and present your own. Great conversation and a quick-write follow the presentations. Hope to see you there. All pieces are welcome.

These topics are suggestions:

**September 6: Autumn**

**October 4: Preparing for Winter**

**PODIATRY APPOINTMENTS**



**October 26th from 10am to 1pm**

Dr. William Cooper has appointments on October 26th 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.

**Knights of Columbus Raffle**



You may be aware that St. Mary's Knights of Columbus help at our annual Fall Fair. Do you know that they have donated over \$50,000 to our Senior Center from their annual charity raffle over the past 13 years? They're conducting their 14th Annual Charity Raffle now, with the drawing scheduled for Sunday, October 9th at St. Mary's Church. There's still time to buy tickets if you want a chance at one of five cash prizes. Contact Tom Anguish at 508 429-6366 for purchasing details and information about the Knights new **Family and Friends Road Rally for Charity** scheduled for the day of the drawing. It's a family-style event with your car-mates helping you follow the instructions to various locations in the area. Answer clues and take off for the next destination. The course will run about 45 minutes and arrive back at St. Mary's for a party with prizes and refreshments. AND, of course, the grand Charity Raffle drawing will be held then, too! You could be a winner!

**LUNCH WITH THE LIONS**  
**Saturday, September 17th**  
**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.

Please sign up by calling the Senior Center at 508-429-0622 before September 9th.



**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!



**Volunteers Needed for Tax Preparation**

Tax-Aide, a partnership between the IRS and the AARP Foundation, needs volunteer counselors to help low- and moderate-income persons in your community prepare their Federal and Massachusetts income taxes. Last year over 4,700 returns were prepared at 41 sites around Worcester County. Volunteers work 4-6 hours per week from Feb 1st to Apr 15<sup>th</sup>. Training for volunteer preparers will start in November, most of the training will be online. Internet access and basic computer skills are necessary. For an application or further information: <https://www.aarp.org/volunteer/programs/tax-aide/>

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



<b><u>MONDAY</u></b>	<b><u>TUESDAY</u></b>	<b><u>WEDNESDAY</u></b>	<b><u>THURSDAY</u></b>	<b><u>FRIDAY</u></b>
<ul style="list-style-type: none"> <li>• Milford</li> <li>• Mendon</li> <li>• Hopedale</li> <li>• Upton</li> <li>• Franklin</li> <li>• Medway</li> <li>• Millis</li> <li>• Holliston</li> </ul>	<ul style="list-style-type: none"> <li>• Natick</li> <li>• Framingham</li> <li>• Ashland</li> <li>• Southborough</li> <li>• Holliston</li> <li>• Hopkinton</li> </ul>	Market Basket in Bellingham <ul style="list-style-type: none"> <li>• Milford</li> <li>• Medway</li> <li>• Mendon</li> <li>• Hopedale</li> <li>• Upton</li> <li>• Franklin</li> <li>• Medway</li> <li>• Millis</li> <li>• Holliston</li> </ul>	Market Basket in Ashland <ul style="list-style-type: none"> <li>• Natick</li> <li>• Framingham</li> <li>• Ashland</li> <li>• Southborough</li> <li>• Holliston</li> <li>• Hopkinton</li> </ul>	<ul style="list-style-type: none"> <li>• Holliston Errands and Appointments Only</li> </ul>

**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:** Lynn Bajdek, Millie Bedard, Bob Malone, Georgia Papavasiliou

**Associate Members:** Janet Alexander, Peter Eagan

Meetings are held the second Wednesday of the month at 2:00 pm. Call the Senior Center for information on joining.



**The Senior Support Foundation**

The Senior Support Foundation (SSF) is a group of volunteers who raise funds to help support the seniors and Senior Center in Holliston, allowing them to offer services and programs to our Community.

**The Board Members**

President..... Neil Svendsen  
 Vice President..... Sheila Joslin  
 Treasurer ..... Larry Wise  
 Secretary ..... Linda Marshall

The SSF meets the third Thursday of each month at 10:00 am at the Senior Center. All are welcome to attend.

Production and distribution of this bimonthly newsletter are partially funded by the State Formula Grant from the Executive Office of Elder Affairs and your generous donations.

Town of Holliston  
COA/Senior Center  
150 Goulding Street  
Holliston, MA 01746  
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Holliston Senior Center — September/October 2022

**ANNUAL FALL FAIR**

**Senior Support Foundation Event**

**SATURDAY, SEPTEMBER 10th 9:00-3:00pm**

All of your favorites are back!

There's something for everyone—don't miss this treasured event! There will be: linens, household treasures, holiday décor, “split-the-pot”, toys for the kids, baked goods, raffles, jewelry, crafts, artwork, frames, CDs and DVDs, puzzles, games and a lot more!



**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**

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.



**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.

