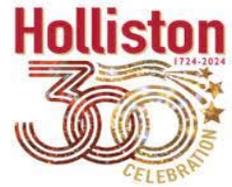


HOLLISTON SENIOR CENTER NEWS



Open Monday-Friday 9-4pm, unless otherwise noted.

Holliston Senior Center

March/April 2024

Director's Message, March and April 2024

“The earth laughs in flowers” – Ralph Waldo Emerson

Welcome Spring!

We are so fortunate to live in New England, where we can celebrate the four seasons of the year in a climate that personifies each so magnificently! Beautiful spring offers something for all of our senses as we enjoy the return of glorious color to the landscape with; tulips, crocuses, daffodils and snowdrops. We can take in the feel of soft, wet grass and warm breezes. We hear the songs and calls of returning migratory birds and the gentle rustle of newly forming leaves fluttering on newly awakened branches. And we can savor the taste and deliciousness of a rainbow of fresh vegetables from spring gardens, like: peas in the pod, spring carrots, fresh spinach, spicy radishes and more. We hope you find ways to awaken and “re-new” this spring. Enjoy this lovely season: take a new class, try a new food, connect with others, get outside, listen to music, learn something new, do a kind act for someone else, share your interests, look out the window, talk to someone new... Make the earth laugh with your beauty and unique presence, if not now, when? Bloom – in whatever form that takes.

Happy Spring,

Lisa

Lisa S. Borchetta, Director – Holliston Senior Center



Important Calendar Notes

March:

10th -Daylight Savings Time
17th -St. Patrick's Day
29th -Good Friday
31st -Easter

April:

1st -April Fools Day
15th -Patriots' Day

During inclement weather, if Holliston Public Schools are closed the Senior Center is CLOSED.

Would you like our newsletter sent to you via email?
If yes, email Laura at:
parmensil@holliston.k12.ma.us

The Holliston Senior Center does not endorse or promote any service or company. We encourage you to be an educated consumer.

OUTREACH ASSISTANCE

Do you have concerns about your finances?

Are you struggling to pay for nutritious food or utilities? Are you feeling isolated or overwhelmed and you don't know where to turn? Did you finally get rid of your car, but don't want to rely on your adult children to drive you to appointments?

We are here to help you!

Contact Cynthia for a confidential consultation either by phone or in person. She can help connect you with benefits and services available to eligible older adults 55+.

- ◆ SNAP (nutrition assistance)
- ◆ LIHEAP (fuel assistance)
- ◆ Affordable Housing options/downsizing
- ◆ Tax abatement
- ◆ Transportation
- ◆ Care giver respite programs

Please contact Cynthia Listewnik, Outreach Coordinator: outreach@holliston.k12.ma.us or call 508-429-0622 Ext 211



girl scouts



Thank you to Girl Scout troop #75346 and group leaders Kathy Walters and Lisa Brown for exquisitely wrapping the holiday gifts.

The Senior Center was able to deliver over 60 gifts in 2023.



Holliston Cultural Council

The Holliston Senior Center would like to acknowledge the Holliston Cultural Council for their collaboration in providing grants for entertainment at the senior center. Thank you!



LGBTQ+ FRIENDLY



Mindful Eating Class

Mindful Eating requires no specific diet! You will find a new way to look at food and eating. Whether you are looking to heal your body or reduce weight, this is a safe, nonjudgmental space that just might change your life

A Six Week program on Wednesdays from March 20th to April 24th at 9:30am

Quotes from Participants that have taken this class:

"I'm actually enjoying my food MORE and making better choices." T.A.

"I heard something in the class that changed the whole way I look at food. It's healing!" S.B

Call 508-429-0622 to sign up and a \$4 donation is suggested.



Meditation

10-11am on the last Tuesday each month.

Meditation is a wonderful way to reduce stress and anxiety in even the best of times. In these tumultuous times, it's an even more critical tool to help you reduce unhelpful thoughts and increase your capacity to handle difficult situations. Roberta Weiner will lead a variety of techniques each month and will provide handouts and recordings so you can continue the practice on your own.

Included: Meditations for clarity and focus, as well as guided meditations to help you relax and get a good night's sleep.

The class is done seated in a chair. No need to bring anything or wear anything in particular, come as you are!



Modern American Mah Jongg Lessons

Thursdays, March 7, 14 & 21 from 1-3pm



Have you always wanted to learn to play Mah Jongg? **Beginners will learn:** Game components, rules, etiquette and strategies. No experience is necessary and all materials will be provided. Participants are expected to commit to the 3 week series as each session builds on skills learned from the previous week.



Space is limited so check your calendars and sign up early, 508-429-0622.

Intro to Line Dance Wednesday March 6th from 12:30-1:30pm



Learn the basic step elements that make up all line dances. Learn the terminology to help you learn dances faster and easier. We will teach a few beginner Line dances that combine the basic steps into a sequence of combinations of dance moves.

Line Dance Class with Paul

Dance for fun, exercise, balance, coordination and to learn a new skill. Line dancing is great fun while you improve memory skills, strengthen bones, develop better balance, relieve stress, and put a smile on your face. Each dance is broken down first, demonstrated and then danced to contemporary music that you will enjoy! Dance to some of the old favorites, and also add some of the newest line dances. No need to have a partner, it is something for everyone and no experience is necessary! Line dance classes for all levels.



A six week class on Wednesdays from 12:30-1:30pm March 20 to April 24.

Take all 6 classes or come when you can.

\$4 Suggested Donation

Dancing is a perfect combination of physical activity, social interaction, and mental stimulation. It's a full body workout for the mind, body and spirit.

Sign up for Free AARP Tax Preparation & Filing



Appointments begin on Monday, February 5th and continue each Monday through March 25th.

AARP Foundation Tax-Aide volunteers will help you prepare and file your return.

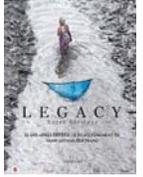
AARP volunteers are IRS certified and can help you file a complete and accurate return – both federal and state. The service is free. While AARP is focused on taxpayers who are over 50 and have low to moderate income, the service is open to anyone of any age.

Call the Senior Center at 508-429-0622 to schedule an appointment.

*** If filling jointly both parties need to be at the appointment**

Lunch & a Documentary—12:00 pm Lunch and film starts at 12:30pm. Call 508-429-0622 to sign up and a \$3 donation is requested.

Thursday, March 28: "Legacy" a 2021 documentary: Through a succession of images of the planet seen from the sky, Legacy is an ode to the beauty of nature and humanity. The film also sounds like a warning. Life on Earth has never been so threatened. If it is not too late to act, it is now. Rated ALL and is 1 hour 41 minutes long.



Thursday, April 25: "42" a 2013 Film: In 1946, Branch Rickey (Harrison Ford), legendary manager of the Brooklyn Dodgers, defies major league baseball's notorious color barrier by signing Jackie Robinson (Chadwick Boseman) to the team. The heroic act puts both Rickey and Robinson in the firing line of the public, the press and other players. Facing open racism from all sides, Robinson demonstrates true courage and admirable restraint by not reacting in kind and lets his undeniable talent silence the critics for him. Rated PG13 and 2 hours 8 minutes long.



**A Funny Program About Funny Programs:
The Greatest Sitcoms of All Time**

Wednesday, March 27th 2pm RSVP at 508-429-0622

Award-winning author and pop culture historian Martin Gitlin hosts this fun and enlightening presentation based on his book, *The Greatest Sitcoms of All Time*. He is the only author to actually rank the best of the best, including I Love Lucy, The Honeymooners, The Andy Griffith Show, Get Smart, All in the Family, The Mary Tyler Moore Show, Cheers, The Golden Girls, Seinfeld, Frasier and The Big Bang Theory. He will show funny snippets from those shows and others, challenge patrons with sitcom trivia (including identifying cool theme songs!), discuss the criteria he used to rank 70 years of sitcoms and talk about how they have evolved over the decades in humor, presentation and content. This program is really entertaining so join in on the fun!



**Holliston Senior Center Presents Cape Ann ~America's Oldest Port~
Trip Offered By Bloom Tours on Thursday, April 25, 2024**



Join us as we start the day with a scenic drive to Salem and stop for a delicious buffet lunch at Finz restaurant. After lunch, a Step on Guide will take us on a 2 hour guided tour of Essex, Rockport and Gloucester. After the tour, we will drop you off downtown for free time on your own before departing for home. Shop in quaint stores, admire the art galleries or just sit by the water and take in the beauty that is the Massachusetts Coast.

Bloom Tours Motorcoach Will Depart: 9:45AM from 150 Goulding St. Holliston and returns at approximately 7:15 PM

\$140.00 Per Person: Please call 508-429-0622 to sign up.

**Full Payment Due Upon Reservation. No Refunds.
Please make checks payable to the Town of Holliston
Reserve by March 25, 2024**



Holliston Senior Support Foundation presents...

America's Music Cities September 29 – October 6, 2024

French Quarter, Jazz Revue, Grammy Museum, Graceland, Civil Rights Tour, Ryman Auditorium, Grand Ole Opry Show, Country Music Hall of Fame, and Historic RCA Studio B.

Choice on Tour: Goo Goo Cluster Candy or Johnny Cash Museum.

Book before March 29th & save \$100 per person!

collette
guided by travel



Resources For Services and Information

Holliston Pantry Shelf
DTA (SNAP)
Domestic Violence
211

info@hollistonpantrysshelf.org
<https://www.mass.gov/orgs/departement-of-transitional-assistance>
Voices Against Violence
211.org (clearing house for many resources)

508-429-5392
877-382-2363
508-626-8686
211



Weekly Lunch Monday and Wednesday 12-1pm

The meals are multi-course with rolls, soup or salad, an entrée and dessert!

A \$3 donation requested.

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

During your birthday month one FREE lunch is provided to help you celebrate. Excludes special luncheons and one lunch per member, per year.

Enjoy amazing service from our dedicated volunteers!

Monthly Breakfast prepared by our wonderful volunteers. March 12 & April 9 at 9am



Join us for a delicious breakfast each month. Thank you to the (SSF) Senior Support Foundation for underwriting the breakfasts!

\$4.00 donation requested.

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



Saint Patrick's Day Luncheon

Entertainment by Elderly Brothers

**Wednesday, March 13th at 12pm
\$6 donation requested**

A delicious lunch of Sliced Corned beef, cabbage, potatoes, carrots, Irish Soda Bread and festively decorated cupcakes for dessert.



Please call the Senior Center at sign-up by March 6 (508) 429-0622.

Delicious

Diabetic Desserts



Wednesday, March 20 at 1:30pm

Don't let DIABETES or PRE-DIABETES ruin all your food fun. Everyone knows that too much sugar is bad for you, especially as you get older. But that doesn't mean you have to deny yourself everything! Come learn how to prepare delicious low sugar, low carb desserts that are simple, inexpensive, and delicious! From baked goods to "ice cream" and other low sugar treats, get recipes that are both easy and diabetic-friendly.

Also great for people following a low carb or Keto diet, and those concerned with inflammation.

Please call 508-429-0622 to sign up.

**The Senior Center has two pool tables open
Monday through Friday 9am to 4pm
(some restrictions apply).**

The Holliston 8 Ball Senior League Team practices on Friday mornings from 9:30-12pm.

Come learn to play, watch and cheer on the league.



**The league is always looking for
subs during March tournament time.
Let them know if you are interested.**

Visit our Bookstore & Good As New Shoppe: Open daily 9-4pm with all proceeds going to the Senior Support Foundation.

A Note from our Bookstore... Please, no book donations in March and April.

Books must have jackets and be in saleable condition (no brown spots). We cannot accept oversized coffee table books, cook books or textbooks.

A Note from our Good As New Shop... We accept small household items in clean saleable condition, DVDs and puzzles which must be taped closed. We are now accepting women's clothing new or gently used.

We cannot take: games, records, pictures, picture frames, VHS tapes or babies, kids or men's clothing or fabric.

Donations accepted on Tuesday & Thursday from 12-3pm for both stores with a two bag maximum.

Recurring Programs



Coffee and Coloring

Monday, 9:30-11:30am

Enjoy coloring and conversation. All supplies are provided.

Games Day

Monday, 1:30-4:00pm

Join us for a fun time playing cribbage, cards, dominoes, conversations and more!



Blood Pressure

New Day & Time!

1st and 3rd Thursdays 9:30am.

Holliston resident Marian, a registered nurse with over 45 years of experience for a blood pressure check.



Coffee with Holliston Police

1st Tuesday of the month at 10am. Join a Holliston Police in a casual Q&A atmosphere to discuss what's on your mind and the town of Holliston.

Bingo

1st and 3rd Wednesday, 1:00-3:00pm

Come for lunch and stay for BINGO! Have some fun playing and making new friends.

Veterans Coffee Hour

3rd Thursday, 9:30am

MetroWest Director of Veterans Services, Sarah Bateman, will be hosting a Coffee Hour the 3rd Thursday every month at the Senior Center.

Select Chat

1st Friday, 9:30am have questions, ideas & comments about Holliston? Then you are in luck!

Join: Select Chat Clerk: Ben Sparrell, in a casual Q&A atmosphere to discuss what's on your mind and learn about what's happening in the town.

Tune Timers Band

Fridays 1:00-3:30pm. Come to the Center every Friday to listen to the Tune Timers Band. There is plenty of room for dancing, singing and socializing.



Health and Exercise Classes

Tai Chi with Robin

MONDAYS, 1:30-2:30PM

Studies show that practicing Tai Chi can increase balance by 47.6%! A Slow gentle movement of the body that can help balance and lower blood pressure. Class begins with meditation, breathing exercises and then Tai Chi. Give it a try!

Yoga with Roberta (Mondays 2/5 to 3/25 Zoom Only)

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!

Meditation with Roberta

LAST TUESDAY OF THE MONTH 10:00 to 11:00am

This class is good for clarity and focus, as well as guided meditations to help you relax and get a good night's sleep.



Energy Focus Movement with Linda

TUES + THURS, 10:30-11:30AM

The class focuses your energy on Balance-physical and energetic; Strength-maintain or regain; Flexibility-from surviving to thriving. Linda is an experienced, licensed instructor who will help you customize your moves to match your needs. Laughter is included!

Zumba Gold with Lourdes

TUESDAYS, 12-1pm

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. Zumba is exercise in disguise.

Walking Fitness with Friends

WEDNESDAYS, 9:30-10:30AM

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

Pilates with Joni

THURSDAY 9-10AM

Pilates has been described as a mind-body exercise that requires core stability, strength, and flexibility, and attention to muscle control, posture, and breathing. "The core muscles are the abdomen, low back and hips, and is thought to be the key to a person's stability. The exercises are modified in difficulty, from beginner to advanced and Joni brings a modern flair to this 20th-century technique.

***A \$4 donation is requested for classes.**

Writer's Group 1st Tuesday of the month at 10am.

All written pieces are welcome. Come and enjoy a morning of writing, sharing, and listening. We hope to see you there!

March 5: Supporting a charity

April 2: Poetry (write something or bring a poem to share)



Book Group 2nd Friday of the month at 1:30pm.

Come and enjoy an afternoon of discussion, sharing, and listening. We hope to see you there!

March 8: "Violin Conspiracy" by Brendan Solcumb

April 12: "A Woman is No Man" by Etaf Rum

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



National Women's History Month

March 2024

**Save Your Vision Month
Schedule Your Annual
Eye Exam**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>***RESERVATIONS ARE REQUESTED IN ADVANCE. CALL THE SENIOR CENTER AT 508-429-0622</p>			<p>1</p> <p>9:30 Select Chat 9:30 Friday Crafters 1:00 Tune Timers</p>
<p>4</p> <p>9:00 AARP Tax Service*** 9:30 Coloring and Coffee 11:00 Yoga Zoom Only 12:00 Weekly Lunch*** 1:00 Tai Chi 1:30 Games Day</p>	<p>5</p> <p>10:00 Coffee with Holliston Police 10:00 Writers' Group 10:00 Legal Advice with Marsden Law PC*** 10:30 Energy Focus Mvmt 12:00 Zumba Gold</p>	<p>6</p> <p>9:30 Walking Fitness 11:00 Yoga 12:00 Weekly Lunch*** 12:30 Line Dancing Intro*** 1:00 BINGO</p>	<p>7</p> <p>9:00 Pilates 9:30 Blood Pressure Clinic 10:30 Energy Focus Movement 1:00 Mah Jongg Lessons***</p>	<p>8</p> <p>9:30 Friday Crafters 1:00 Tune Timers 1:30 Book Club: The Violin Conspiracy</p>  <p>Clocks Spring Forward Saturday 3/10/2024</p>
<p>11</p> <p>9:00 AARP Tax Service*** 9:30 Coloring and Coffee 11:00 Yoga Zoom Only 12:00 Weekly Lunch*** 1:00 Tai Chi 1:30 Games Day</p>	<p>12</p> <p>9:00 Monthly Breakfast*** 10:30 Energy Focus Mvmt</p> 	<p>13</p> <p>9:30 Walking Fitness 10:00 Hopkinton Audiology Cleaning*** 11:00 Yoga 12:00 Saint Patrick's Luncheon*** 2:00 COA Meeting</p>	<p>14</p> <p>9:00 Pilates 10:30 Energy Focus Movement 1:00 Mah Jongg Lessons***</p>	<p>15</p> <p>9:30 Friday Crafters 1:00 Tune Timers</p> <p>Saturday March 16 Lunch from the Lion's Club at Senior Center</p>
<p>18</p> <p>9:00 AARP Tax Service*** 9:30 Coloring and Coffee 11:00 Yoga Zoom Only 12:00 Weekly Lunch*** 1:00 Tai Chi 1:30 Games Day</p>	<p>19</p> <p>10:30 Energy Focus Mvmt 12:00 Zumba Gold 1:00 Medicare Presentation***</p> 	<p>20</p> <p>9:30 Walking Fitness 9:30 Mindful Eating*** 11:00 Yoga 12:00 Weekly Lunch*** 12:30 Line Dancing*** 1:00 BINGO 1:30 Delicious Diabetic Desserts***</p>	<p>21</p> <p>9:00 Pilates 9:30 Blood Pressure Clinic 9:30 Vet's Coffee Hour 9:30 SSF Meeting 10:30 Energy Focus Movement 1:00 Mah Jongg Lessons***</p>	<p>22</p> <p>9:30 Friday Crafters 1:00 Tune Timers</p>
<p>25</p> <p>9:00 AARP Tax Service*** 9:30 Coloring and Coffee 10:00 Legal Advice with Attorney Bergeron*** 11:00 Yoga Zoom Only 12:00 Weekly Lunch*** 1:00 Tai Chi 1:30 Games Day</p>	<p>26</p> <p>10:00 Meditation 10:30 Energy Focus Mvmt 11:00 Prism Coffee Hour 12:00 Zumba Gold</p>	<p>27</p> <p>9:30 Walking Fitness 9:30 Mindful Eating*** 11:00 Yoga 12:00 Weekly Lunch*** 12:30 Line Dancing*** 2:00 "Greatest Sitcoms of all Times"***</p>	<p>28</p> <p>9:00 Pilates 9:30 Java with Jay*** 10:30 Energy Focus Movement 12:00 Lunch & Documentary***</p>	<p>29</p> <p>9:30 Friday Crafters 12:00 Dementia Friendly Lunch*** 1:00 Tune Timers</p>

Celebrate Diversity Month

April 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:30 Coloring and Coffee 11:00 Yoga 12:00 Weekly Lunch*** 1:00 Tai Chi 1:30 Games Day	2 10:00 Writers' Group 10:00 Coffee with Holliston Police 10:30 Energy Focus Mvmt 12:00 Zumba Gold	3 9:30 Walking Fitness 9:30 Mindful Eating*** 11:00 Yoga 12:00 Weekly Lunch*** 12:30 Line Dancing*** 1:00 BINGO	4 9:00 Pilates 9:30 Blood Pressure Clinic 10:30 Energy Focus Movement 11:45 Amada Senior Care Presentation***	5 9:30 Select Chat 9:30 Friday Crafters 1:00 Tune Timers
8 9:30 Coloring and Coffee 11:00 Yoga 12:00 Weekly Lunch*** 1:00 Tai Chi 1:30 Games Day	9 9:00 Monthly Breakfast*** 10:30 Energy Focus Mvmt	10 9:30 Walking Fitness 9:30 Mindful Eating*** 10:00 Hopkinton Audiology Cleaning*** 11:00 Yoga 12:00 Weekly Lunch*** 12:30 Line Dancing*** 1:00 COA Meeting	11 9:00 Pilates 10:30 Energy Focus Movement	12 9:30 Friday Crafters 1:00 Tune Timers 1:30 Book Club: 
15 Center Closed Patriot's Day 	16 10:00 Legal Advice with Marsden Law PC*** 10:30 Energy Focus Mvmt 12:00 Zumba Gold	17 9:00 Podiatry*** 9:30 Walking Fitness 9:30 Mindful Eating*** 11:00 Yoga 12:00 Weekly Lunch*** 12:30 Line Dancing*** 1:00 BINGO	18 9:00 Pilates 9:30 Blood Pressure Clinic 9:30 Vets' Coffee Hour*** 9:30 SSF Meeting 10:00 Fall Fair Meeting 10:30 Energy Focus Movement	19 9:30 Friday Crafters 1:00 Tune Timers
22 9:30 Coloring and Coffee 10:00 Legal Advice with Attorney Bergeron*** 11:00 Yoga 12:00 Weekly Lunch*** 1:00 Tai Chi 1:30 Games  Earth Day	23 10:30 Energy Focus Mvmt 12:00 Zumba Gold	24 9:30 Walking Fitness 9:30 Mindful Eating*** 11:00 Yoga 12:00 Weekly Lunch*** 12:30 Line Dancing***	25 9:00 Pilates 9:30 Java with Jay*** 9:45 Cape Ann Day Trip*** 10:30 Energy Focus Movement 12:00 Lunch & Documentary***	26 9:30 Friday Crafters 12:00 Dementia Friendly Lunch*** 1:00 Tune Timers
29 9:30 Coloring and Coffee 11:00 Yoga 12:00 Weekly Lunch*** 1:00 Tai Chi 1:30 Games Day	30 10:00 Meditation 10:30 Energy Focus Mvmt 11:00 Prism Coffee Hour 12:00 Zumba Gold		***RESERVATIONS ARE REQUESTED IN ADVANCE. CALL THE SENIOR CENTER AT 508-429-0622	

MONDAY AND WEDNESDAY LUNCH MENU

March/April 2024



Monday & Wednesday meals are a \$3 suggested donation and includes a beverage.

Please call the CENTER at least 2 business days in advance for reservation at 508-429-0622.

Monday, March 4

BAKED MAC & CHEESE, Green Beans, Salad,
Warm Brownie with a la mode

Wednesday, March 6

MEATBALL SUB, Sweet Potato Fries, Cesar Salad,
Fresh Fruit

Monday, March 11

BAKED FISH, Clam Chowder, Rice Pilaf, Broccoli,
Pond Cake with Strawberries

Wednesday, March 13:

Saint Patrick's Day Luncheon: A DELICIOUS
CORNED BEEF, Cabbage, Potatoes, Carrots, Irish
Soda Bread and Decorated Cupcakes for dessert.

Monday, March 18

GRILLED CHEESE SANDWICH, Dill Pickle,
Tomato Soup, Tossed Green Salad, Dessert

Wednesday, March 20

MEAT LOAF, Mashed Potatoes, Squash, and Fresh
Fruit

Monday, March 25

CHICKEN A LA KING over Biscuits, Vegetable
Soup, Chocolate Cake

Wednesday, March 27

TUNA SALAD SANDWICH, Broccoli Cheddar
Soup, Chips, Tapioca Pudding

FREE BIRTHDAY LUNCH

Here's how it works... During the month of your birthday, you may sign up for one free lunch on any of our regular Monday or Wednesday weekly lunch days. You must sign-up in advance and tell us it's your birthday when you sign up and your lunch will be free!

(Excludes special "holiday" Luncheons. One lunch per member, per year!!),

Please call 508-429-0622 to sign up

Monday, April 1

HAMBURGERS, Potato Salad, Vegetable Soup, Dessert

Wednesday, April 3

ZITI W/ BROCCOLI, CHICKEN & ALFREDO, Side
Salad, Italian Cookies

Monday, April 8

TURKEY CHILI W/BEANS, Cesar Salad, Carrots, and
Frozen Yogurt

Wednesday, April 10

BAKED FISH & CHIPS, Garlic Bread, Cole Slaw, and
Fresh Fruit

Monday, April 15 Closed for Patriot's Day

Wednesday, April 17

CHICKEN PARMESAN, Roasted Potatoes, Mixed
Vegetables, Side Salad and Dessert

Monday, April 22

SHRIMP SCAMPI OVER LINGUINI, Green Beans,
Cheese Cake

Wednesday, April 24

SPAGHETTI & MEATBALLS, Cesar Salad, Garlic
Bread, Fresh Fruit

Monday, April 29

TURKEY CLUB SANDWICH, Minestrone Soup, and
Chocolate Chip Cookies

* Delivered Meals Adjustments:

Fruit cup (not fresh).

Rolls will be white bread.

Sherbet, Ice Cream or Frozen Yogurt are substituted.

Medicare Supplement Plans or Medicare Advantage Plans, Which Coverage is Best for Me?

Tuesday, March 19 from 1-2pm

For those new to Medicare, this is the #1 question most people have when seeking additional insurance. However, even if you are already on a plan, it's always a good idea to reevaluate your choices each year. Circumstances change, and so can your health plan. While we won't delve into Blue Cross plan details, you will leave with a clear understanding of which type of plan best fits your needs.

SHINE counselors offer real-life case studies, and resources to help you in the decision process.



Please call 508-429-0622 to sign up.

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 10am to 12pm via phone.

March 25 and April 22

Please sign up two days in advance by calling 508-429-0622.



MARSDEN LAW P.C.

Estate Planning & Wealth Management with Attorney Jay Marsden

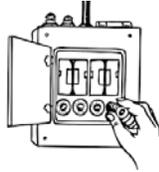
Helping clients plan and secure their legacy for future generations

Attorney Jay Marsden specializes in estate planning and wealth management (Wills, Trusts and Probate). He offers to meet individuals for a complimentary 30-minute consultation in person at the Senior Center.

March 5 and April 16 starting at 10am

If you would like to schedule an appointment with Marsden Law P.C, please call 508-429-0622 to sign up.

Holliston residents who are age 65 or older should find out if they are eligible for the state's Senior Circuit breaker income tax credit (Schedule CB) when preparing their 2023 tax returns.



Eligibility for the Circuit Breaker credit is a requirement for a new local property tax exemption that the town expects to offer beginning next July 1st. The town submitted legislation to create this exemption that needs only one more vote in the State Senate and then Governor Maura Healey's signature before becoming law.

If you have questions about this new local exemption, contact Principal Assessor, Kevin Rudden at 508-429-0604.

MARSDEN LAW P.C.

Java with Jay

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. .



March 28 at 9:30am: Celebrity Probate

April 25 at 9:30am: Pitfalls and perils of handling the Medicaid process on your own

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



Tax Work-Off Application Available on October 2

Applications for the Fiscal Year 2024 Tax Work-Off Program for seniors and veterans will be available beginning October 2nd, 2023.

People chosen for the program will be able to work up to 125 hours in the fiscal year and earn the state minimum wage of \$15 per hour. This money will then be applied to lowering participants' property taxes in the following fiscal year.

Contact the town's Assessors Office to learn more.



From the Holliston Lions Club Lunches:

January 21 at Mission Springs- sign up at Mission Springs.

February 25 - Cole Court - sign up at Cole Court.

March 16 - Senior Center Lunch-Please sign up at Senior Center 508-429-0622.

All of these lunches are provided at no cost. We're currently planning on serving pasta, meatballs, desserts and a beverage so please sign up early so we can get accurate counts. Lunches will be served starting at noon time and you're welcome to arrive early to socialize.



Dementia Friendly Lunch and Learn

Holliston & Sherborn COA have collaborated to provide this program for FREE through a grant from the Bay State Charitable Foundation.

Friday, March 29 at 12pm: Health Benefits of Tai Chi

Location: UUAC Church in Sherborn at [11 Washington Street](#) in Sherborn
 Studies have shown that older adults with memory issues who practiced Tai Chi three times a week for six months experienced “significantly improved memory” because it combines the power of movement with meditation it has been practiced in the East for centuries and so you can’t miss this program to learn more and try it out for yourself. Class lead by Robin Natanel, certified Tai Chi Instructor and mindfulness eating coach.



Friday, April 26 at 12pm: *Robin’s Wish: A Documentary on Robin Williams Struggles with Dementia*

Location: Sherborn Town Hall 2nd Floor at [19 Washington Street](#) in Sherborn

We will be viewing this documentary film which is a look into the life and final days of Robin Williams, comedian and award-winning actor, who was best known for his improvisational skills and amazing character portrayal on television and film. It wasn’t until after his death that it was discovered he had been battling with Lewy Body Dementia. This touching story will make you laugh and cry. It also features the perspective of his widow, Susan, who continues to raise awareness in the search for a cure.

RSVP required please call 508-429-0622 to sign up.

PODIATRY SERVICES

April, 17 from 9:00—1:00
 By Dr. William Cooper
 Reserve your time by calling the 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.

The fee for house call appointments is \$80 payable to Dr. Cooper.

Please call 508-429-0622 to sign up.



Wednesday, March 13 at 10am
Wednesday, April 10 at 10am

Darcy Repucci, MS, CCC-A is a licensed audiologist who grew up in Hopkinton and owns Hopkinton Audiology. A small private practice that has been open for 7 years and focuses on quality care and meeting patients’ specific listening needs.

Once again, Darcy is generously offering free hearing aid cleanings at the Senior Center!

Please call 508-429-0622 to sign up.

MEDICAL EQUIPMENT LOANS

The Holliston Senior Center loans wheelchairs, walkers, rollators, shower/tub seats/benches, commodes, canes & crutches and bed rails. Equipment must be cleaned before and after use and may be kept for as long as needed. Returned or donated durable medical equipment must be clean and in good condition.

Please contact Cynthia Listewnik, Outreach Coordinator, for more information. All equipment should be cleaned before and after use.

Presentation

Kevin McLaughlin
from Amada Senior Care on
Thursday, April 4th at 11:45am.

“Unraveling the Mystery of your Long-Term Care Policy”

Helping Policyholders Understand their Benefits and How to File a Claim – this program will review key terms and policy structure in order to better understand what services are covered under long-term care insurance. You will learn the steps involved in filing a claim to be prepared to get what you deserve when you need it most!



RSVP required please 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 and smoke detectors can be installed in the homes of older adults in our community who need them. All items are provided at no cost. HFD Capt. John Gagnon, a licensed contractor, does the installations. **If you would benefit from these safety devices in your home, please call the Senior Center at 508-429-0622.**



JOIN THE GARDEN COMMITTEE!!

The Garden Committee is looking for volunteers this spring. **On Thursday, May 9 at 9am** we need help preparing the garden soil, planting herbs, vegetables and watering. Most of the garden is raised which is easier on the back and knees.



This is our seventh season planting produce to support our lunch program and any surplus is offered free to center members. Come Grow with us!

Call 508-429-0622 to join.

ATTENTION MEMBERS OF THE HOLLISTON SENIOR CENTER!!

DO YOU HAVE A PASSION FOR TV? DOES BEING ON TELEVISION APPEAL TO YOU? HOW ABOUT BEING A PRODUCER? LEARN A NEW SKILL! KEEP READING...

HOLLISTON SENIOR CENTER & HOLLISTON HUB – HCAT ARE PLANNING TO WORK TOGETHER TO PRODUCE AND BROADCAST “WHAT’S NEW AT THE SENIOR CENTER”

IF THIS PIQUES YOUR INTEREST AND YOU WOULD LIKE TO FIND OUT MORE DETAILS AND INFORMATION:



Please Email Laura Parmensi parmensil@holliston.k12.ma.us

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!*

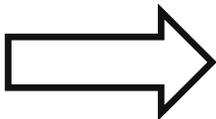
The Holliston Senior Center, in partnership with the Metrowest Regional Transit Authority (MWRTA), offers Holliston residents aged 55+ low-cost, safe and reliable door-to-door transportation to medical appointments, shopping and more! This service is available Monday through Friday from 9:00AM to 3:30PM. Participants **MUST register with MWRTA** and set up a "fare account" before using this service. **All rides are initially scheduled with the MWRTA at (508) 820-4650.** Please call at least **TWO BUSINESS DAYS** before your requested ride. **If you need to cancel your ride, Please call AT LEAST 3 HOURS BEFORE SCHEDULED PICKUP, or leave a message with MWRTA the NIGHT BEFORE.**



- * Rides to the Senior Center are \$.50 each way
- * In-Town rides are \$1.00 each way & available M-F
- * All out-of-town rides are \$2.00 each way

**RIDE WITH US FOR FREE
THROUGH MARCH 31ST !!**

**WEEKLY
SCHEDULE**



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

Senior Center Staff (508) 429-0622

Lisa Borchetta, Director x212 ... borchettal@holliston.k12.ma.us
 Laura Parmensi, Asst. Director x218 ... parmensil@holliston.k12.ma.us
 Debbie Dupuis, Administrative Assistant...x216.....dupuisd@holliston.k12.ma.us
 Cynthia Listewnik, Outreach Coordinator...x211....outreach@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 and Fran Backstran



**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.

Meetings: March 21 & April 18

The Board Members

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

Council on Aging

Board Officers

Chair: Yvette Cain
 Vice Chair: Kathy Anguish
 Secretary: Janet Alexander
 Treasurer: Carmen Chiango

Members: Lynn Bajdek, Peter Eagan, Georgia Papavasiliou

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

The Holliston Senior Center would like to thank the Executive Office of Elder Affairs for their funding support of this newsletter.



Executive Office of Elder Affairs (EOEA)

The SSF meets the third Thursday of each month at 9:30 am at the Senior Center. All are welcome to attend.

Town of Holliston
COA/Senior Center
150 Goulding Street
Holliston, MA 01746
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Holliston Senior Center —March/April 2024

Save the Date

The Fall Fair, September x, 2024

This year's Fall Fair will be a little different. Most of what happens inside the building – jewelry, bake sale, raffles, books, etc. – will be the same. Outside will be much smaller than previous years. We are calling it: The Good As New Garage Sale (G.A.N.G.S.)

**Fair meeting on Thursday,
April 18th at 10AM.**

Anyone interested in making the fair a success please attend this meeting.

Contact the Holliston Senior Center for more information about our programs, services, classes, and transportation.

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

Monday through Friday 9:00 am-4:00 pm
Visit us on the web at
townofholliston.us/senior-center
Like us on Facebook

Do you feel uncomfortable driving, but want to maintain your independence?

No longer have a car?

Let US take you to your doctor's appointments, shopping and more.

Try the Senior Center van!

We have weekly trips to Shaw's, Market Basket & Salone de Bella. Daily trips to the Senior Center for exercise classes, program and meals.

Call Debbie or Cynthia for more information at 508-429-0622



ALL RIDES ARE FREE

UNTIL MARCH 31ST!

CALL US TO LEARN MORE.

The Senior Support Foundation (SSF)

... is a volunteer organization whose primary focus is to raise funds in support of the programs, events, and activities of the Holliston Senior Center.

The SSF is an energetic group of volunteers interested in making a difference in the lives of Holliston's older adults. They are looking for additional volunteers to assist us in fundraising. 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 9:30am, at the Senior Center. If

interested, please call 508-429-0622.



Volunteers Needed Holliston Senior Center

A variety of positions are available with opportunities to learn, grow and thrive while serving the Holliston community of older adults.

All volunteers must pass a CORI check and complete a LGBTQ+ training for the center to be welcoming place for everyone.