

HOLLISTON SENIOR CENTER NEWS

Holliston Senior Center Open Monday-Friday 9-4pm, unless otherwise noted. May/June 2024

Director’s Message, May-June 2024

“It is spring again. The earth is like a child that knows poems by heart.”
— Rainer Maria Rilke



May and June... the two, lovely months of late spring/early summer. Sandwiched between; the hot days of summer and the emergence of life in early spring, we are treated to the joys of this temperate and beautiful time of year. We are lucky to live in New England where all the seasons can display their charms in full. Yes, I know, some of us must deal with seasonal allergies, and the possibility for more rain and yard work than we’d care to deal with... But the lovely flowers, bird songs, warm breezes and longer days more than make up for the sneezing and muddy shoes.

The duality of spring gives us an opportunity to reflect on how our perspective, what we think and feel about things and how we filter information, effects our experience of the world. Let’s take “spring rain” for example. Rainy days can certainly be; dreary, dark, often colder and definitely “more messy”. Folks feel less inclined to want to be out in the world and more tempted to sleep-in when it’s cold and wet outside. Some studies have shown that people can even feel more “down” as our bodies tend to produce less serotonin on rainy days. But without rain? Without water? Where would life be?

While it is true that too much water can be a destructive and dangerous force - water is also a universal representation of life itself since no living animal or plant can survive without it. Water rejuvenates the sleeping, frozen ground and the plants whose roots draw it in. It has the power to transform a dry brown landscape to a verdant field, bursting with life. This spring as we enjoy both the sun-filled and the rain-filled days - may you find ways to: renew your energy and grow, soak in the refreshing rain, reach for the bright, shiny moments and enjoy the abundant beauty that surrounds all of us.

Dance between the raindrops,–
Lisa
Lisa S. Borchetta, Director – Holliston Senior Center

Important Calendar Notes

Center Closed:
May 27

Memorial Day Holiday

June 19
Juneteenth Holiday

During inclement weather, if Holliston Public Schools are closed the Senior Center is **CLOSED**.
Stay tuned to local news!

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.

Functional Fitness for the Brain & Body (FFBB) Fridays 10 to 11am

New fitness class for anyone experiencing symptoms associated with neurological changes. This may include, but is not limited to: stroke, Parkinson's disease, multiple sclerosis, dementia/Alzheimer's disease, spinal cord injury, ALS, and head injuries.

This class will focus on a combination of stretching, strengthening, balance, posture, and core stabilization exercises to achieve the best version of you. Modifications will be provided for all levels to meet your current needs.



Drop in Class

\$4 donation is suggested

LEAD INSTRUCTOR:
AMANDA FALCONE, OTR/L, CLWT

ALTERNATE: MELISSA BASMAJI, OTR/L, CLWT

Mark your calendar: Friday, May 24

Students from the Robert Adams Middle School will be visiting the Senior Center from 10am to 12pm. Please join the 8th graders for conversation, games, seasonal cleanup, get help with your technology and more.
RSVP at 508-429-0622

Rainbow Coffee Hour 1st Tuesday of the month at 11am

The Senior Center and Springwell are delighted to offer a monthly Rainbow Coffee Hour where members of the LGBTQIA+ community and allies (ages 55+) can gather in person to enjoy coffee, pastries, conversation and community!



LGBTQ+ FRIENDLY



Right at Home Caregiver Safety Program Presentation

The Caregiver Safety Program is aimed at protecting the primary caregiver (in the home) against common injuries associated with performing assistance to a loved one in need.

We discuss the risks of back injuries while transferring and lifting. We discuss burn-out and fatigue as well as many other potential areas of breakdown.

Tuesday, June 4 at 2pm

RSVP 508-429-0622



Pearls of Wise Women “Life becomes more beautiful with age” Sound Bath and Reiki Tuesday, May 28 at 1pm



Bathe yourself in the beautiful sounds of the crystal bowls, singing bowls and other instruments as they help to bring balance and harmony to you. Sound has been used for centuries to bring pleasure, relaxation, and peace. Each singing bowl has a frequency and vibration that works directly with the energy centers. Reiki will be offered to you if you so choose. Reiki has been shown to reduce stress and bring relaxation to the body, mind, and spirit. **RSVP 508-429-0622**

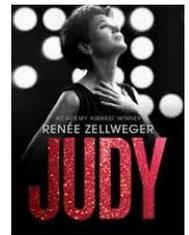
Men, Women, LBGTQ+ and all are welcomed.



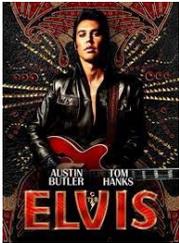
Join us for Lunch & a Movie

12:00 pm Lunch and film starts at 12:30pm

Thursday, May 23: Judy is a 2019 musical/romance film. Financially ruined, separated from her children and desperate for a fresh start, Judy Garland embarks on a series of sold-out London concerts in 1968. Watch all you want. Renée Zellweger won a Best Actress Oscar for her portrayal of the legendary Hollywood entertainer in this biopic. Rated PG-13 drug/alcohol. The movie is 1 hour and 58 minutes.



“Movie Snacks” available during the film!



Thursday, June 27: Elvis is a 2022 epic biographical drama film co-produced and directed by Baz Luhrmann, who co-wrote the screenplay with Sam Bromell, Craig Pearce, and Jeremy Doner. It chronicles the life of the American rock and roll singer and actor Elvis Presley under the management of Colonel Tom Parker. Rated PG-13 for substance abuse/strong language/suggestive material and smoking. The movie is 2 hour and 39 minutes.



KevTech Classes

Kevin Figueroa, CEO & Founder of KevTech Services



Back to Basics on iPhone & iPad, which introduces new users to the basics of using the iPhone and iPad. We cover the hardware of the iPhone and iPad, important areas of the devices, and applications for calling and messaging.

Wednesday, May 15 at 2pm RSVP at 508-429-0622

Staying Organized on iPhone and iPad. In this class, we learn to take notes, create to-do lists, and manage our calendars using the iPhone and iPad. We also learn to use Siri, the virtual assistant used on the iPhone and iPad.

Wednesday, May 29 at 2pm RSVP at 508-429-0622

KevTech Classes

Kevin Figueroa, CEO & Founder of KevTech Services



Navigating the Settings on iPhone & iPad

Thursday, June 6 at 10am RSVP at 508-429-0622

iPhone for Health & Emergencies

Tuesday, June 11 at 10am RSVP at 508-429-0622

Travel & Finance on iPhone: Uber, Instacart, and Venmo

Tuesday, June 18th at 2pm RSVP at 508-429-0622

Taking and Organizing Photos on iPhone & iPad

Friday, June 21 at 2pm RSVP at 508-429-0622

Dear Community Members,



As the Summer months approach, the Holliston Police Department wants to remind you of some important safety tips to help you and your loved ones stay safe during the warmer weather. Whether you're enjoying outdoor activities, traveling, or spending time in your neighborhood, it's crucial to remain vigilant and proactive about your safety. Here are some simple safety tips to keep in mind!

- **Always Lock Your Doors and Windows:** It is important to eliminate your home or cars from being easy targets of theft. Locking your doors before leaving your home or going to bed can help prevent burglaries or unauthorized entry into your residences and vehicles.
- **Be Aware of Your Surroundings:** Whether you're out for a walk on the rail trail or enjoying a nice bike ride downtown, always be aware of your surroundings. Avoid distractions like phones or headphones. As always, if you see something suspicious, don't hesitate to contact HPD and report it!
- **Watch For Signs of Heat Related Illnesses:** Be aware of the symptoms of heat exhaustion and heatstroke. Symptoms may include dizziness, headache, rapid heartbeat, nausea, confusion and fainting. Always remember to hydrate, use sunscreen and plan outdoor activities carefully.
- **Travel Safety:** If you're planning a Summer getaway, take precautions to protect your home while you're away. Consider purchasing an exterior camera, or motion sensor lights to help eliminate unwanted people on your property. Additionally, you can contact HPD and add your home to our 'Vacation Checklist'. Officers will drive by your home to help deter thefts and or burglaries while you're enjoying your vacation.
- **Check Your Medication Labels:** Take a moment to review the labels of your prescription and over-the-counter medications. Look for any warnings or precautions regarding sunlight exposure. Common medications that may cause sensitivity include certain antibiotics, antihistamines, antidepressants and diuretics.

By following these Summer safety tips and remaining vigilant, you can help ensure a safe and enjoyable summer for yourself and your community! Remember, safety is a shared responsibility and together we can make a positive difference in keeping our neighborhoods safe and secure.

Stay safe and enjoy your Summer!

**Sergeant Jon Remkus & Officer Hannah Ciavarra
Holliston Police Department**

Michael R. Cassidy Fire Chief & Emergency Management Director



When the temperature climbs above 80°F, older adults need to be proactive and take precautions to avoid ailments due to excessive heat. Keep in mind the following tips when trying to stay cool:

- Stay away from direct sun exposure as much as possible. If possible, plan your outdoor activities either early in the morning or when the sun starts to set.
- Air conditioning is your friend in summer. Spend as much time as possible in air-conditioned spaces. If you don't have an air conditioner, go somewhere that is air-conditioned. For example, read a book at the library, walk around in indoor malls, watch that new movie at the theater, or meet your friends at the Senior Center.
- Stay hydrated. Drink plenty of cool water, clear juices, and other liquids that don't contain alcohol or caffeine. Alcohol and caffeine cause you to lose water in your body by making you urinate more.
- Dress appropriately. Whenever you can, try wearing loose, light-colored clothes. Avoid dark-colored clothes as they may absorb heat. Top it off with a lightweight, broad-brimmed hat and you are dressing like a pro! These simple changes will help you both stay cool and avoid sunburn.
- Did someone say sunburn? Buy a broad spectrum sunscreen lotion or spray with sun protection factor (SPF) of 15 or higher. Apply the sunscreen liberally to all exposed skin. Also, bugs are abundant in summer, so spray insect repellent when going outdoors.
- * Cool down! Take tepid (not too cold or too hot) showers, baths, or sponge baths when you're feeling warm. Don't have the time? Then wet washcloths or towels with cool water and put them on your wrists, ankles, armpits, and neck.

May is Mental Health Awareness Month. The Senior Center is excited to welcome back the Pets & People Foundation and their therapy animals on Friday, May 31 at 2pm

The Pets and People Foundation strives to ease sadness, and spread joy, laughter, comfort & warmth. Pets & People Foundation was the "heart child" of the late Stanley Wald, of Newton. Stanley believed deeply in "People Therapy through Pets". Come meet one of the foundations carefully tested and certified therapy team members to help heal and bring joy to your day.



Drop in anytime from 2-3pm

PETS & PEOPLE
FOUNDATION

Get your nutrition check up on:
Wednesday, May 8 at 1 p.m.

**Led by Tara Hammes, RD of the
Massachusetts Councils on Aging,**

**Join us on to learn what contributes to
malnutrition, its consequences and what to
do about it! This session includes a
three-question quiz to check your own
nutrition status. This lively session will
share resources and ideas for next steps.**

Massachusetts
Councils On Aging



**Mediterranean Diet
Lunch & Learn
Tuesday, May 21 at 1pm**



Did you know that the Mediterranean Diet helps prevent cancer, heart disease, and diabetes? It's the one diet that is definitively proven to work and has become the bedrock of healthy eating. Not only that, but the food is delicious! If this sounds good, then come learn how to put it into practice. Topics covered include how to follow the Mediterranean Diet, healthy eating, and some fantastic recipes. Great for people looking to follow a healthy and flavorful diet. Come enjoy a light, Mediterranean-style boxed lunch as we review this groundbreaking diet.



RSVP at 508-429-0622



**Join us for Lunch
Mondays & Wednesdays
at 12pm**

**Menu on page 8
A \$3 donation requested.**

**Please call at least two business days in advance
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.**



**End of Spring Fling Luncheon
Wednesday, June 12 at 12pm**

Real Lobster Salad Finger Roll Sandwich & BBQ
Sliced Chicken Breast served with seasonal vegetables,
potato salad, and strawberry shortcake for dessert!
(\$8 Donation).

Tuna Roll or Egg Salad can be substituted for those with food
allergies. (\$4 Donation).

Dan Kirouac will provide musical entertainment,
courtesy of the Holliston Cultural Council!

**The Ultimate Presentation for Red Sox Nation
Wednesday, June 26th at 10:45am**

Take a fun and enlightening journey through
Boston Red Sox history with the author of the Ultimate
Boston Red Sox Time Machine Book. This presentation
features exciting and nostalgic videos of the greatest and most
fascinating players, teams, events and moments in franchise
history. The program also includes trivia questions for patrons
to ponder and covers Sox history from the Royal Rooters, who
launched Red Sox Nation, to Babe Ruth to Ted Williams to The
Impossible Dream Season of 1967 to Lynn, Rice and '75 to the
heartbreak of 1986 all the way to the four World
Series championships and beyond. It will conclude
with a question-and-answer period.



RSVP at 508-429-0622

**Monthly Breakfast
Prepared by our wonderful volunteers.**

**Tuesday, May 14 at 9am
&
Tuesday, June 11 at 9am**



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



\$4.00 donation requested.

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... Accepting general fiction only and books must have jackets and be in saleable condition
(no brown spots). Two bag maximum please.

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 12-4pm 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!



Coffee with Holliston Police

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



Billiard Room

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

Bingo

1st and 3rd Wednesday, 1:00-3:00pm
Come for lunch and stay for BINGO! Have some fun playing and making new friends. No Bingo in June, July and August

Rainbow Coffee Hour

1st Tuesday at 11am
Join us for a monthly Rainbow Coffee hour where members of the LGBTQIA+ community and allies (ages 55+) can gather in person to enjoy coffee, pastries, conversation and community!



New Time!

Veterans Coffee Hour
3rd Thursday at 10:30am
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 at 9:30am join Select Board 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
listen to the Tune Timers Band or enjoy dancing, singing and socializing.



Health and Exercise Classes

Tai Chi with Robin MONDAY 1-2PM

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 MON + WED 11-12:00PM

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!
June 24th & 26th will be at Christ the King Church 600 Central St.

Meditation with Roberta LAST TUESDAY OF THE

MONTH 10-11:00am 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!

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

Zumba Gold with Lourdes TUESDAY 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 WEDNESDAY 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. **No class June, July and August.**

Pilates with Joni THURSDAY 9-10AM

Pilates is core stability, strength, 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 from beginner to advanced.

Functional Fitness for the Brain & Body FRIDAY 10-

11am This Class for anyone experiencing symptoms associated with neurological changes. This may include, but is not limited to: stroke, Parkinson's disease, multiple sclerosis, dementia/Alzheimer's disease, spinal cord injury, ALS, and head injuries.

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

Come enjoy a morning of writing, sharing, and listening. All written pieces are welcome and we look forward to seeing you in the writer's group.

May 7: Something you made as a child.

June 4: First paid job.



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

Come enjoy an afternoon of discussion, sharing, and listening. We look forward to seeing you in the Book Club.

May 10 : "Enough" by Cassidy Hutchinson

June 14: "Tom Lake" by Ann Patchett

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

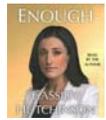




May 2024



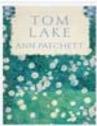
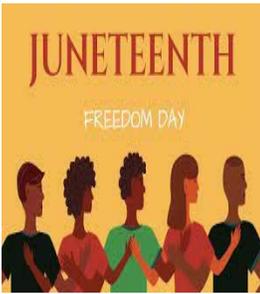
Mental Health Awareness Month

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>***RESERVATIONS ARE REQUESTED IN ADVANCE. CALL THE SENIOR CENTER AT 508-429-0622</p>		<p>1</p> <p>9:30 Walking Fitness 11:00 Yoga 12:00 Weekly Lunch*** 12:30 Line Dancing 1:00 BINGO</p>	<p>2</p> <p>9:00 Pilates 10:30 Energy Focus Mvmt 1:00 Mah Jongg Open Play</p>	<p>3</p> <p>9:30 Select Chat 10:00 Functional Fitness for the Brain & Body 1:00 Tune Timers</p>
<p>6</p> <p>9:30 Coloring & Coffee 11:00 Yoga 12:00 Weekly Lunch*** 1:00 Tai Chi 1:30 Games Day</p> 	<p>7</p> <p>10:00 Writer's Group 10:00 Coffee with HPD 10:30 Energy Focus Mvmt 11:00 Rainbow Coffee Hour 12:00 Zumba Gold</p>	<p>8</p> <p>9:30 Walking Fitness 10:00 Hopkinton Audiology Cleaning*** 11:00 Yoga 12:00 Weekly Lunch*** 12:30 Line Dancing 1:00 Nutrition Check-up presentation***</p>	<p>9</p> <p>9:00 Pilates 10:30 Energy Focus Mvmt 1:00 Mah Jongg Open Play</p> 	<p>10</p> <p>10:00 Functional Fitness for the Brain & Body (FFBB) 1:00 Tune Timers 1:30 Book Club:</p> 
<p>13</p> <p>9:30 Coloring and Coffee 11:00 Yoga 11:30 Coffee with Town Candidates 12:00 Weekly Lunch*** 1:00 Tai Chi 1:30 Games Day Town Meeting at High School, 7pm</p>	<p>14</p> <p>9:00 Monthly Breakfast*** 10:00 Legal Advice with Marsden Law PC*** 10:30 Energy Focus Mvmt 12:00 Zumba Gold</p>	<p>15</p> <p>9:30 Walking Fitness 11:00 Yoga 12:00 Weekly Lunch*** 12:30 Line Dancing 1:00 COA Meeting 1:00 BINGO 2:00 iPhone & iPad basics class***</p>	<p>16</p> <p>9:00 Pilates 9:30 SSF Meeting 10:30 (New Time) Vet's Coffee 10:30 Energy Focus Mvmt 1:00 Mah Jongg Open Play</p>	<p>17</p> <p>10:00 Functional Fitness for the Brain & Body 1:00 Tune Timers</p>
<p>20</p> <p>9:30 Coloring and Coffee 11:00 Yoga 12:00 Weekly Lunch*** 1:00 Tai Chi 1:30 Games Day</p>	<p>21</p> <p>10:30 Energy Focus Mvmt 12:00 Zumba Gold 1:00 Mediterranean Diet Presentation***</p> <p>Town Election, at High School, 7am-8pm</p>	<p>22</p> <p>9:00 Podiatry*** 9:30 Walking Fitness 11:00 Yoga 12:00 Weekly Lunch*** 12:30 Line Dancing</p>	<p>23</p> <p>9:00 Pilates 10:30 Energy Focus Mvmt 12:00 Lunch & Movie*** 1:00 Intro to Computers*** 1:00 Mah Jongg Open Play</p>	<p>24</p> <p>10:00 Functional Fitness for the Brain & Body 10:00 Join us for the 8th Grade Community Service Day*** 1:00 Tune Timers 1:30 Davis Museum Trip***</p>
<p>27</p> <p>Center Closed</p>	<p>28</p> <p>10:00 Meditation 10:30 Energy Focus Mvmt 12:00 Zumba Gold 1:00 Sound Bath & Reiki***</p>	<p>29</p> <p>9:30 Walking Fitness 11:00 Yoga 12:00 Weekly Lunch*** 12:30 Line Dancing 2:00 Stay Organized on iPhone & iPad class***</p>	<p>30</p> <p>9:00 Pilates 9:30 Java with Jay*** 10:30 Energy Focus Mvmt 1:00 Intro to Computers*** 1:00 Mah Jongg Open Play</p>	<p>31</p> <p>10:00 Functional Fitness for the Brain & Body 12:00 Dementia Friendly Lunch*** 1:00 Tune Timers 2:00 Pets & People Animal Visit</p>

**June is National Pride Month
& LGBTQ+ History Month**

June 2024

**Men's Health
Month**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>***RESERVATIONS ARE REQUESTED IN ADVANCE. CALL THE SENIOR CENTER AT 508-429-0622</p>
<p>3</p> <p>9:30 Coloring and Coffee 11:00 Yoga 12:00 Weekly Lunch*** 1:00 Tai Chi 1:30 Games Day</p>	<p>4</p> <p>10:00 Writers' Group 10:00 Coffee with HPD 10:30 Energy Focus Mvmt 11:00 Rainbow Coffee Hour 12:00 Zumba Gold 2:00 Caregiver Safety Presentation***</p>	<p>5</p> <p>11:00 Yoga 12:00 Weekly Lunch*** 12:30 Line Dancing 1:00 COA Meeting</p>	<p>6</p> <p>9:00 Pilates 10:00 IPhone/IPad Class*** 10:30 Energy Focus Mvmt 1:00 Intro to Computers*** 1:00 Mah Jongg Open Play</p>	<p>7</p> <p>9:30 Select Chat 10:00 Functional Fitness for the Brain & Body 1:00 Tune Timers</p>
<p>10</p> <p>9:30 Coloring and Coffee 11:00 Yoga 12:00 Weekly Lunch*** 1:00 Tai Chi 1:30 Games Day</p> 	<p>11</p> <p>9:00 Monthly Breakfast*** 10:00 IPhone/IPad Class*** 10:00 Legal Advice with Marsden Law PC*** 10:30 Energy Focus Mvmt 12:00 Zumba Gold 1:00 Age in Place Presentation***</p>	<p>12</p> <p>10:00 Hopkinton Audiology Cleaning*** 11:00 Yoga 12:00 Spring Fling Luncheon***</p>	<p>13</p> <p>9:00 Pilates 10:30 Energy Focus Mvmt 1:00 Gardner Museum Theft presentation*** 1:00 Intro to Computers*** 1:00 Mah Jongg Open Play</p>	<p>14</p> <p>10:00 Functional Fitness for the Brain & Body 1:00 Tune Timers 1:30 Book Club:</p> 
<p>17</p> <p>9:30 Coloring and Coffee 11:00 Yoga 12:00 Weekly Lunch*** 1:00 Tai Chi 1:30 Games Day</p>	<p>18</p> <p>10:30 Energy Focus Mvmt 12:00 Zumba Gold 2:00 IPhone/IPad Class***</p>	<p>Center Closed</p> 	<p>20</p> <p>9:00 Pilates 9:30 SSF Meeting 10:30 (New Time) Vet's Coffee 10:30 Energy Focus Mvmt 1:00 Paint Silk Scarf*** 1:00 Mah Jongg Open Play</p>	<p>21</p> <p>10:00 Functional Fitness for the Brain & Body 1:00 Tune Timers 2:00 IPhone/IPad Class***</p> <p>Sunday 6/23 Lions Club lunch at the Senior Center 12pm***</p>
<p>24</p> <p>9:30 Coloring and Coffee 10:00 Legal Advice with Attorney Bergeron*** 11:00 Yoga at Christ the King Church 12:00 Weekly Lunch*** 1:00 Tai Chi 1:30 Games Day</p>	<p>25</p> <p>10:00 Meditation 10:30 Energy Focus Mvmt 12:00 Zumba Gold</p>	<p>26</p> <p>10:45 "The Ultimate Presentation for Red Sox Nation" </p> <p>11:00 Yoga at Christ the King Church 12:00 Weekly Lunch*** 12:30 Line Dancing</p>	<p>27</p> <p>9:00 Pilates 9:30 Java with Jay*** 10:30 Energy Focus Mvmt 12:00 Lunch & Movie*** 1:00 Mah Jongg Open Play</p>	<p>28</p> <p>10:00 Functional Fitness for the Brain & Body 12:00 Dementia Friendly Lunch*** 1:00 Tune Timers</p>



MONDAY AND WEDNESDAY LUNCH MENU

May/June 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.

Wednesday, May 1

COBB SALAD, chopped salad greens, tomato, bacon, chicken breast, hard-boiled eggs, avocado, chives, blue cheese and red wine vinaigrette and apple pie.

Monday, May 6

STUFFED PEPPERS, cucumber salad and tapioca pudding.

Wednesday, May 8

STUFFED CHICKEN BREAST, gravy, cranberry sauce, green beans and soft cookies.

Monday, May 13

BEEF STROGANOFF with mushrooms over egg noodles, Caesar salad and dessert.

Wednesday, May 15

TURKEY HOT DOGS, steamed seasonal vegetables, baked beans and fresh fruit.

Monday, May 20

CHICKEN SALAD ON WHOLE WHEAT PITA W/ LETTUCE, carrot sticks, and coffee ice cream with chocolate cookies.

Wednesday, May 22

TUNA SANDWICH, vegetable soup, chips and cut apples.

Monday, May 27 is Memorial Day Center Closed



Wednesday, May 29

BAKED FISH, long grain & wild rice, steamed carrots and frozen yogurt.

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!!)

Monday, June 3

TURKEY TACOS, choose hard or soft shell, served with all the fixings', refried beans, and a brownie.

Wednesday, June 5

BAKED PORK CHOPS, roasted red potatoes, butternut squash, applesauce and pie for dessert.

Monday, June 10

MEATLOAF, mashed potatoes, carrot & peas and cut oranges.

Wednesday, June 12

END OF SPRING FLING LUNCHEON:

LOBSTER ROLL SANDWICH & BBQ SLICED CHICKEN BREAST served with seasonal roasted vegetables, potato salad & strawberry shortcake! (\$8 Donation).

*Tuna Roll or Egg Salad roll sandwich can be substituted for those with food allergies. (\$4 Donation).

Monday, June 17

CAESAR SALAD W/CHICKEN, pita bread and watermelon.

Wednesday, June 19 is Juneteenth Holiday Center Closed



Monday, June 24

TURKEY BURGERS, sweet potato fries, cucumber salad, and frozen fruit bars.

Wednesday, June 26

SHEPHERD'S PIE, side salad and vanilla cake with fresh berries.

Intro to the Computer

Thursdays, May 23 to June 13 from 1-3pm in our computer room.

This four-session course is designed to introduce the personal computer (PC) to those who are curious about its potential and how to use it.

Topics Covered:

Overview of hardware and software

Use of the Internet and email, sharing documents & photos

Navigating (surfing) the web and Social media

Learn common software programs like Word and spreadsheets. Students will have access to Windows personal computers during the class.



Space is limited so RSVP at 508-429-0622

Wellesley College - Davis Museum Guided Tour

Making Memories: an accessible arts program for adults living with early Alzheimer's or related dementias and their care partners for a guided exploration of the permanent collection with specially trained museum staff and student guides. Participants will explore and discuss a few pieces of artwork focusing on the theme of "Family."

This is a **FREE** one hour tour limited to 20 people.

May 24, 2024 1:30-2:30pm.

RSVP required call 508-429-0622.

Transportation is available for this event by contacting MWRTA.



Exciting news for American Mah Jongg players!

Open Mah Jongg game time on Thursdays from 1:00-3:00 pm.

Bring your set, card and love for the game. The center currently has one set available for use, but if you or someone you know has an American Mah Jongg set that they would consider donating to the center, it would be greatly appreciated.



Thursday, June 20th Paint Silk Scarfs 1pm

Unleash your inner Picasso!

Karen Halloran from Eliot Nursing and Rehab will instruct on how to paint a beautiful silk scarf.

Class is **FREE** and limited to 20 people.

Please wear your painting clothes.

**RSVP by June 13
508-429-0622**



Legal Advice with Attorney Bergeron

Attorney Bergeron provides free 15-minute legal advice through the Senior Center on the 4th Monday of the month.



10am to 12pm via phone.

June 24

**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.

Tuesday May 14 & Tuesday, June 11 starting at 10am

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

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.

Thursday, May 30 at 9:30am: Planning for a special needs child or grandchild.

Thursday, June 27 at 9:30am: What kind of planning to do when you are not planning.

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

From the Holliston Lions Club Lunches:



**Sunday, June 23 at 12pm Senior Center Cookout
RSVP at 508-429-0622.**

All Lion's Club lunches are provided at no cost.
June meal hotdogs, burgers, salad, and ice cream.

Please sign up early so we can get accurate counts.
Lunches will be served starting at noon time and you are 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, May 31 at 12pm: Betsy Englander, LCSW is a Mental Health and Wellness Engagement Manager with JFCS Boston



Researchers have long known that depression and dementia go hand in hand. At the same time, caregivers are at increased risk for emotional distress and negative mental and physical health outcomes. Ambiguous loss is something that is not easily recognized or addressed. What can be done for both the caregiver and their loved one experiencing memory loss? Please join us to learn more.

Friday, June 28 at 12pm: Matt Siegel, LICSW Clinical Director at Advocates in Framingham



Advocates in Framingham supports the unique and often challenging phases of life with a variety of supports for older adults and their families. In addition to their mental health and case management services, they also offer respite in their new office space in Framingham. Join us to learn more and come with any question you might have that can help you and your loved not just cope but to enjoy each day together.

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

Location: UUAC Church in Sherborn at 11 Washington Street in Sherborn

PODIATRY SERVICES

Wednesday, May 22 from 9am to 1pm

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. **Dr. Cooper is no longer doing home visits.**

Please call 508-429-0622 to sign up.



Wednesday, May 8 at 10am

Wednesday, June 12 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.

**Age in Place Presentation
Tuesday, June 11 at 1pm**



Mr. Handyman of Central Metrowest will discuss aging in place, home modifications and maintenance tips to comfortably age in your own home.

With a warm cup of coffee in hand, attendees share stories and strategies for adapting their living spaces to meet their evolving needs, fostering a supportive community dedicated to independent living.



RSVP by June 4 at 508-429-0622

MEDICAL EQUIPMENT LOANS

The Holliston Senior Center loans wheelchairs, walkers, rollators, shower seats, commodes, canes & crutches and bed rails. Keep items for as long as needed. Returned or donated durable medical equipment must be clean and in good condition.

ALL Equipment must be cleaned before and after use.

Please contact Cynthia Listewnik

508-429-0622.

The Senior Safe Program



Thanks to a partnership with the Holliston Fire Department and the Senior SAFE grant: grab bars, carbon monoxide and smoke detectors (excludes hard-wired) can be installed in the homes of older adults in our community.

All items are provided at no cost. HFD Capt. John Gagnon, a licensed contractor, provides the installations.

Call Cynthia for more information

at 508-429-0622.

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 Senior Center wants to thank all of those who send in donations to support the production of the newsletter. Your support and generosity are appreciated!

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 3:00PM**. 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 DAY 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 JUNE 30TH !!

<p>WEEKLY SCHEDULE</p>	<p><u>MONDAY</u></p> <ul style="list-style-type: none"> • Franklin • Holliston • Hopedale • Medfield • Medway • Mendon • Milford • Millis • Upton 	<p><u>TUESDAY</u></p> <ul style="list-style-type: none"> • Ashland • Framingham • Holliston • Hopkinton • Natick • Sherborn • Southborough 	<p><u>WEDNESDAY</u></p> <p>Market Basket - Bellingham</p> <ul style="list-style-type: none"> • Franklin • Holliston • Hopedale • Medfield • Medway • Mendon • Milford • Millis • Upton 	<p><u>THURSDAY</u></p> <p>Market Basket - Ashland</p> <ul style="list-style-type: none"> • Ashland • Framingham • Holliston • Hopkinton • Natick • Sherborn • Southborough 	<p><u>FRIDAY</u></p> <ul style="list-style-type: none"> • Holliston Only
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Senior Center Staff (508) 429-0622

Lisa Borchetta, Directorx212 ... borchettal@holliston.k12.ma.us
 Laura Parmensi, Asst. Directorx218 ... 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 Whitemore and Scott Babitts

SHINE (Serving the Health Information Needs of Everyone):

Pegg Rowe & Fran Backstran

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 1:00 pm (unless otherwise noted in our calendar, pages 6 & 7).

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: May 16 & June 20

The Board Members

President Neil Svendsen
 Vice President..... Sheila Joslin
 Treasurer Larry Wise
 Secretary Al Ranieri

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

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)

Town of Holliston
COA/Senior Center
150 Goulding Street
Holliston, MA 01746
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Holliston Senior Center —May/June 2024

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 9:00-4:00pm.
www.townofholliston.us/senior-center

Like us on Facebook!

Essential Resources & Information

Holliston Pantry Shelf
www.hollistonpantryshef.org
508-429-5392

SNAP - Nutritional Assistance
DTAConnect.com or 877-382-2363

Domestic Violence/Voices Against Violence
508-626-8686

Dial 211 or <https://mass211.org/>
non-emergency clearinghouse

SAGE LGBTQ+ Hotline 877-360-5428

Dial 988 Call2Talk Mental Health Hotline

OUTREACH ASSISTANCE

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

- ◆ SNAP (nutrition assistance)
- ◆ LIHEAP (fuel assistance)
- ◆ Senior Safe Program - Fire & Fall prevention
- ◆ Housing options
- ◆ Local Transportation to appointments
- ◆ Home Health Agencies
- ◆ Medical Equipment Loans
- ◆ Caregiver support network
- ◆ LGBTQ+ resources

Cynthia Listewnik, Outreach Coordinator
outreach@holliston.k12.ma.us

508-429-0622 ext. 211

The Senior Support Foundation (SSF)

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

SSF volunteers are an energetic group that is striving to make a difference in the lives of the Holliston older adult community. The group is in need of additional volunteers, if interested please call 508-429-0622.

Monthly meetings are held on the 3rd Thursday of the month at 9:30am at the Senior Center.



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.