

HOLLISTON "CENTER NEWS"

Director's Message for November/December 2024 Newsletter

Warm Greetings for Cold Days...

I/we hope to find you well as we transition from autumn to winter, and the solstice fast approaches on December 21st. The winter solstice marks "the longest night and shortest day of the year" in terms of the amount of daylight hours we receive. And miraculously, as soon as that moment passes... the amount of daylight we will receive becomes longer and longer until we arrive at the summer solstice!

Assurance: *No winter lasts forever; no spring skips its turn.* ~ Hal Borland

It's funny to think about it that way, isn't it? But it's true, and for many, since we all know there will be many more cold days ahead of us, it may not feel like much of an assurance. But how we frame the way we look at the world is of immense importance, as in many ways it is our most reliable source for; comfort, inspiration and view-point.

Perspective: *The color of springtime is in the flowers, the color of winter is in the imagination.* ~ Unknown

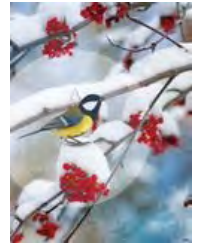
How we look at a snowy day today is likely very different from how we felt as children when we peered out the window on a cold, snowy day. Even if the day ahead may have been filled with: shoveling, clearing and cold, it may also have been filled with thoughts of: sledding, snow-angels and awe at the beauty of it all. **Reframing & Gentleness:** *I wonder if the snow loves the trees and fields, that it kisses them so gently? And then it covers them up snug. You know... with a white quilt; and perhaps it says, "Go to sleep, darlings, 'til the summer comes again."* ~ Unknown

But life is drawn forward to the light. It coaxes the bear from its cave and the seedling from the soil. Because that is part of the wonder of it all... The warmth of spring awaits us, when days grow longer and opportunities to engage feel more expansive. **Resilience:** *In the depth of winter, I finally learned that within me there lay an invincible summer.* ~ Albert Camus

The Center will be here through all the seasons due to all of the: members, helpers, volunteers, community partners and residents, town staff, grantors, friends and relatives who support our work in a myriad of ways! **Gratitude:** *For transforming the simplest gesture into a heartfelt gift.* ~ Unknown

Lisa

Lisa S. Borchetta, MACP Director – Holliston Senior Center



Holliston Senior Center

150 Goulding Street
Holliston, MA 01746

508-429-0622

townofholliston.us/senior-center

Like us on Facebook!

Hours

Monday - Friday
9:00am - 4:00pm

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

The Holliston Senior Center couldn't do what we do without you!

Our heartfelt thanks to the: Council on Aging, Senior Support Foundation, Lions Club, Cub Scouts, Girl Scouts, Garden Club, VFW, the students, teachers & administrators at Holliston Public Schools, Kevtech, Timothy Daniels House, Mary Anne Morse, along with our: presenters, instructors, entertainers & many individual community folks who donate their: energy, time, goods, skills & caring to help us out. Thanks for making the work of the Center and experience of being in the Holliston community a joy, all-year-round! On behalf of all of us at the Holliston Senior Center we look forward to working & playing together in 2025!

With Gratitude ~ Lisa, Laura, Cynthia, Debbie, Ron, Bruce, Scott, Stephen, Russ & Rick

IMPORTANT DATES

**NOVEMBER 3
TURN CLOCKS BACK**



**THE CENTER WILL BE CLOSED
November 11 — Veteran's Day**

**November 28 & 29 —
Thanksgiving**

December 25 — Christmas day

During inclement winter weather, please check the town website and/or Center alerts to see if we are CLOSED.



THANK YOU FOR MAKING 2024 AN INCREDIBLE YEAR!!

The Senior Support Foundation "SSF" would like to thank the following individuals, businesses and restaurants for donating to the "Good as New Garage Sale and Fall Fair". When visiting any of these establishments/businesses, and restaurants, let them know that you appreciate their support.

Acapulco's Mexican Family Restaurant, Aesop's Fable, Ahronian Landscaping, Anthony's on the Green, Arcadian Farm, Ashland Ale House, Ashland Nutrition, BDR Automotive, Bertucci's, Big Y, The Candy Cottage, Casey's Pub, Chili's, Coffee Haven/Blue Moon Cafe, Cote Automotive, Crafted Holliston, Debra's Flowers, Dunkin Donuts/Northern Management, Fiske's General Store, Gaetano's Bakery, Grapevine, Holliston Knights of Columbus, Holliston Oil, Hometown Automotive, Jensen Sheehan Insurance Agency, Los Cabos Mexican Restaurant, MacArthur Farm, Marathon Deli, Marsden Law P.C., Medway Cafe, Muffin House Cafe, Outback Steakhouse, Outpost Farm, PJ's Smoke and Grill, Rail Trail Flatbread, R&R Landscaping, Red Heat Tavern, Roche Brothers, Salon De Bella, Sol de Mexico, Star Sign, Starbucks, Spiller's Automotive, Table Talk Pies, Table Top Pizza, Tavern in the Square, TJ's Ashland, Uno's Pizzeria, Village Auto Service, and the 110 Grill.

Gifts for the Holiday Season

The Center is accepting donations for seniors who live alone or are homebound.



Acceptable donations include: Gift Cards from local businesses, small boxes of chocolate, boxes of herbal tea, crossword books, puzzles, and small hand lotions.

If you are a Holliston resident who lives alone or is homebound and would like to receive a holiday gift, please contact Cynthia Listewnik at 508-429-0622 Ext 211 or email outreach@holliston.k12.ma.us

**Gifts can be dropped off
at the Center
thru Friday, December 11th.**

The Senior Center runs successfully because of dedicated, energetic volunteers. If you would like to help the older adult community please

**contact Laura Parmensi at
parmensil@holliston.k12.ma.us**

508-429-0622 Ext 218

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

All volunteers must pass a CORI criminal background check and complete a LGBTQIA+ training.



The Holliston Lions Club

We'd like to extend our thanks to everyone who continues to join us for lunch. The fact you take time out of your weekend to spend time with us means everything!

Our LEO Club continues to collect can tabs – pull tabs that come on soup and soda cans - which are donated to the Ronald McDonald House. We also take all types of glasses, including non-prescription readers, sunglasses, and magnifiers. Please do not put cases into the box as we will simply throw them away! We also collect used hearing aids.



Please know that your donations are always put to good use. Eyeglasses are sent overseas with mission programs and redistributed. Hearing aids are sent to Starkey Hearing and they provide us credit to help those who need hearing aids get them more affordably.

Bins for these collections are at the Senior Center.

NEWSLETTER

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 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.

Name: _____

Address: _____ Town: _____ Zip: _____

Email Address: _____

If you want to receive the newsletter via email contact Laura at parmensil@holliston.k12.ma.us

THANK YOU!



The Holliston Senior Center would like to thank the Executive Office of Aging and Independence (EOAI) for their financial support of this newsletter.



Ads will be placed here. No content may go here.
Please remove before uploading to LPi Express.

OUTREACH SERVICES

Contact Cynthia for a confidential consultation by phone, email or in person. She can help you navigate applications for local, state and federal programs, connect you with benefits and services and provide community resources.

Cynthia Listewnik, MSW—Outreach Coordinator, outreach@holliston.k12.ma.us or 508-429-0622 ext. 211

MEDICARE OPEN ENROLLMENT OCTOBER 15 thru DECEMBER 7

Not sure how to register for Medicare or want to explore your options? **SHINE** can help! It's extremely important to review your options **EVERY** year to make sure you have the plan that works best for you for next year.

Medicare plans including premiums, doctor networks, and covered medications can change yearly.

Make an appointment today with a SHINE counselor to review any changes and make sure you're in the right plan for you! Please bring your Medicare card, prescription list and online account information.

Please call 508-429-0622 to make an appointment.

All other Medicare inquiries please call 1-800-243-4636.

FUEL ASSISTANCE PROGRAM

The heating season is November 1 through April 30.

Residents are encouraged to **make an appointment** to apply and should call ahead for a checklist to determine what documentation they need to bring with them.

SMOC in Framingham processes these applications and determines approval for this program.

Please note that this process may take many weeks.

FY2025 Income Eligibility:
\$49,196 for 1- person
\$64,333 for 2- people

SENIOR SAFE PROGRAM

This fire and fall prevention program provides grab bars, carbon monoxide and smoke detectors for older adult residents in Holliston. Thanks to a partnership with the Holliston Fire Department and the Massachusetts Senior SAFE grant, these items are provided and installed at **NO COST**. **Please note** that this program excludes hard-wired detectors.



SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)

Did you know that SNAP can help you buy healthy food?

Older adults making less than \$2,510 per month (before taxes) or \$3,407 for couples, may be eligible. This works just like a debit card at the grocery store and online. The average monthly benefit for Holliston participants is \$205 per month.

Learn how to sign up today!



MEMORY CAFÉ COMING SOON!

The Center received an ARPA grant from the Massachusetts Home and Community Based Services to start a monthly program for people living with memory challenges and their care partners. This program will be free of charge and open to Holliston residents and members of neighboring communities.
Stay Tuned!

NIGHT VISION GLASSES \$10

The Holliston Senior Center sells yellow-tinted glasses at cost. These fit over your regular glasses and help reduce glare from oncoming headlights at night.

FRIENDLY & CARING DRIVERS



**WELCOME
NEW DRIVERS
RICK & RUSS**

MEDICAL EQUIPMENT LOANS

The Holliston Senior Center loans wheelchairs, walkers, rollators, shower seats, commodes, canes, crutches and bed rails. Feel free to keep items for as long as you need. Returned or donated medical equipment must be clean and in good/like- new condition.

ALL Equipment must be cleaned before and after use.

TRANSPORTATION AND MORE

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. Contact MWRTA at least **TWO BUSINESS DAYS** before you need a ride at **(508) 820-4650**. **If you need to cancel your ride, you must contact MWRTA by 3pm the day before your scheduled pick up. Repeated late cancelations may result in suspension of services.**



- ☞ ALL RIDES ARE **FREE** UNTIL JUNE 30, 2025!
- ☞ NOW IS A GREAT TIME TO TRY OUR SERVICE!



Monthly Breakfast
Tuesday, November 12
 &
Tuesday, December 3

Join us for a wonderful breakfast made by our SSF (Senior Support Foundation) volunteers.

\$5.00 Cost Per Person



Thank you to the (SSF) Senior Support Foundation for sponsoring the breakfasts!

Register at 508-429-0622

Come meet people and learn something new:

- Select Chat
- Coffee with HPD
- Rainbow Coffee
- Coloring & Coffee
- Games Day
- Mah Jongg
- Band on Fridays
- Senate President Spilka's Office Listening Hour

Exercise Classes & more check out the calendar on pages 6 & 7.



Cookie Exchange

That sounds like a fantastic idea for a party!

A cookie exchange is a great way to try new recipes and enjoy a variety of sweet treats. Including gluten-free and sugar-free options ensure that everyone can join in the fun.

Come with your dozen or more cookies and recipes to share.

Thursday, December 12 at 1:30pm

Register at 508-429-0622



Holliston Senior Support Foundation Presents...

Discover California Dreamin': Monterey, Yosemite & Napa 8-day tour from May 26 to June 2, 2025

Highlights: Monterey, Scenic 17-Mile Drive, Yosemite National Park, Sacramento, Choice on Tour: California State Railroad Museum or Crocker Art Museum, Lake Tahoe Scenic Cruise, Napa Valley Vineyard Tour and Wine Tasting, San Francisco

Book before November 25 and save \$100 per person

Come into the center to pick up a colorful brochure that explains the trip itinerary, pricing, sign up deadline dates, and other important information or contact Neil Svendsen at ndsvend@gmail.com



Monday and Wednesday Lunch

Join us for a healthy, tasty lunch from 12 to 1pm

Please call at least two business days in advance 508-429-0622.

Each meal cost is \$5.

The menu is on our website <https://www.townofholliston.us/council-on-aging> or pick up a copy at the Center.

During your birthday month one FREE lunch is provided to help you celebrate.

Excludes special luncheons . One FREE lunch - per member-per year.



NOVEMBER MONTH CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>NATIONAL HUNGER AND HOMELESSNESS AWARENESS MONTH NOVEMBER</p>		<p>***RESERVATIONS ARE REQUESTED IN ADVANCE. CALL THE SENIOR CENTER AT 508-429-0622</p>		<p>1 10:00 Functional Fitness for the Brain & Body 11:00 Constitution Presentation***  11:00 Grief Group 1:00 Tune Timers</p>
<p>4 9:30 Coffee & Coloring 11:00 Yoga 12:00 Lunch*** 1:00 Tai Chi 1:15 Games Day</p> 	<p>5 ELECTION DAY  10:00 Writers' Group 10:00 Coffee HPD 10:30 Energy Focus Movement 11:00 Rainbow Coffee 12:00 Zumba Gold</p>	<p>6 9:30 Walking Fitness 11:00 Yoga 11:00 SHINE*** 12:00 Lunch*** 1:00 Medicare Presentation***</p> 	<p>7 9:00 Pilates 10:30 Energy Focus Movement 12:30 Camera Club 1:00 Mah Jongg Open Play 1:00 Processed Food Presentation***</p>	<p>8 9:30 Select Chat 10:00 Functional Fitness for the Brain & Body 1:00 Tune Timers 1:30 Book Club</p> 
<p>11 Closed for the Holiday</p> 	<p>12 9:00 Monthly Breakfast*** 10:00 Legal Advice with Marsden Law PC*** 10:30 Energy Focus Movement 12:00 Zumba Gold</p>	<p>13 9:30 Walking Fitness 10:00 Hopkinton Audiology Cleaning*** 11:00 Yoga 12:00 Lunch*** 1:00 COA Meeting to help lower Property Taxes***</p>	<p>14 9:00 Pilates 9:30 Java with Jay*** 10:30 Energy Focus Movement 12:30 Camera Club 1:00 Mah Jongg Open Play 1:30 Declutter Presentation***</p>	<p>15 10:00 Functional Fitness for the Brain & Body  11:00 Grief Group 1:00 Tune Timers</p>
<p>18 9:30 Coffee & Coloring 11:00 Yoga 12:00 Lunch*** 1:00 Tai Chi</p>  <p>1:15 Games Day</p>	<p>19 10:00 Meditation</p>  <p>10:30 Energy Focus Movement 12:00 Zumba Gold</p>	<p>20 9:00 Podiatry*** 9:30 Walking Fitness 11:00 Yoga 11:00 SHINE*** 12:00 Thanksgiving Luncheon***</p>	<p>21 9:00 Pilates 9:30 SSF Meeting 10:30 Energy Focus Movement 10:30 Vet's Coffee 1:00 Mah Jongg Open Play 1:00 Sound Bath & Reiki Healing ***</p>	<p>22 10:00 Functional Fitness for the Brain & Body 12:00 Dementia Friendly Lunch***at Sherborn Town Hall 1:00 Tune Timers</p>
<p>25 9:30 Coffee & Coloring 10:00 Metrowest Mediation*** 10:00 Legal Advice with Bergeron*** 12:00 Lunch*** 1:00 Tai Chi 1:15 Games Day</p>	<p>26 10:30 Energy Focus Mvmt 12:00 Zumba Gold</p> 	<p>27 9:30 Walking Fitness 11:00 Lunch***</p>	<p>28 Closed for the Holiday</p> 	<p>29 Closed for the Holiday</p>



DECEMBER MONTH CALENDAR

International Food Safety Month

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>9:30 Coffee & Coloring 12:00 Lunch*** 1:00 Tai Chi 1:15 Games Day</p> 	<p>3</p> <p>9:00 Monthly Breakfast*** 10:00 Writers' Group 10:00 Coffee HPD 10:30 Energy Focus Movement 11:00 Rainbow Coffee 12:00 Zumba Gold</p>	<p>4</p> <p>9:30 Walking Fitness 11:00 Yoga 11:00 SHINE*** 12:00 Lunch*** 1:00 Make a Terrarium Garden***</p> 	<p>5</p> <p>9:00 Pilates</p>  <p>10:30 Energy Focus Movement 1:00 Mah Jongg Open Play</p>	<p>6</p> <p>9:30 Select Chat 10:00 Functional Fitness for the Brain & Body 11:00 Grief Group</p>  <p>1:00 Tune Timers</p>
<p>9</p> <p>9:30 Coffee & Coloring 11:00 Yoga 12:00 Lunch*** 12:30 Senate President Spilka's Office -Listening Hour 1:00 Tai Chi 1:15 Games Day</p>	<p>10</p> <p>10:00 Legal Advice with Marsden Law PC*** 10:30 Energy Focus Movement 12:00 Zumba Gold</p>	<p>11</p> <p>9:30 Walking Fitness 10:00 Hopkinton Audiology Cleaning*** 11:00 Driving Decision*** 11:00 Yoga 12:00 Lunch*** 1:00 COA Meeting</p>	<p>12</p> <p>9:00 Pilates 10:30 Energy Focus Movement 1:00 Mah Jongg Open Play 1:30 Cookie Exchange Party***</p> 	<p>13</p> <p>10:00 Functional Fitness for the Brain & Body 1:00 Tune Timers 1:30 Book Club</p> 
<p>16</p> <p>9:30 Coffee & Coloring</p>  <p>11:00 Yoga 12:00 Lunch*** 1:00 Tai Chi 1:15 Games Day</p>	<p>17</p> <p>10:00 Meditation 10:30 Energy Focus Movement</p>  <p>12:00 Zumba Gold</p>	<p>18</p> <p>9:30 Walking Fitness 9:00 Podiatry*** 11:00 Yoga 12:00 SHINE*** 12:00 Holiday Luncheon***</p>	<p>19</p> <p>9:00 Pilates 9:30 SSF Meeting 9:30 Java with Jay*** 10:30 Veterans Coffee 10:30 Energy Focus Movement 1:00 Mah Jongg Open</p>	<p>20</p> <p>10:00 Functional Fitness for the Brain & Body</p>  <p>11:00 Grief Group 1:00 Tune Timers</p>
<p>23</p> <p>9:30 Coffee & Coloring 10:00 Legal Advice with Bergeron*** 12:00 Lunch*** 1:00 Tai Chi 1:15 Games Day</p>	<p>24</p> <p>10:30 Energy Focus Movement 12:00 Zumba Gold</p> 	<p>25</p> <p>Closed for the Holiday</p> 	<p>26</p> <p>Building Open 9-4pm No Programs Running</p>	<p>27</p> <p>Building Open 9-4pm No Programs Running</p>
<p>30</p> <p>Building Open 9-4pm No Programs Running</p>	<p>31</p> <p>Building Open 9-4pm No Programs Running</p>	<p>***RESERVATIONS ARE REQUESTED IN ADVANCE. CALL THE SENIOR CENTER AT 508-429-0622</p>	<p>Building Closed Wednesday, January 1, 2025 and reopening Thursday, January 2, 2025 at 9am.</p>	

HEALTH AND EXERCISE

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, relax and de-stress you! **No class 11/25, 11/27, 12/2 & 12/23.**

Meditation with Roberta



*** Third TUESDAY of the month 10am** This class is good for clarity and focus, as well as guided meditations to help you relax and get a good night's sleep.

\$5 Cost Per Class

Energy Focus Movement with Linda TUES & THURS 10:30am

Class focuses your energy on Balance-physical and energetic; Strength-maintain or regain; Flexibility-from surviving to thriving. Linda will help you customize your moves to match your needs.

Zumba Gold with Lourdes

TUESDAY 12pm 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

9:30am This is a free, group-led, walking program inside the center. This program provides a great cardio workout, brain power, waistline trimming, and overall fitness.

Pilates with Joni THURSDAY

9am 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 Brain & Body (FFBB) Fridays 10am

A class for anyone experiencing symptoms associated with neurological changes. This may include, but is not limited to: stroke, Parkinson's, MS, dementia/ Alzheimer's, ALS, or other conditions.

Grief Support Group: First & Third Friday at 11am

Grieving the pain of loss can feel very lonely, and the journey of grieving is a process you don't have to travel alone. In this gathering the facilitator will help guide everyone for support, and compassion in a non-judgmental space. This is not counseling or therapy.



RECURRING PROGRAMS

Billiard Room

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

Coffee and Coloring

Monday, 9:30-11:30am
Enjoy coloring and conversation. All supplies are provided.



Coffee with Holliston Police

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



Games Day: Monday, 1:15-

3:45pm Join us for a fun time playing; cribbage, cards, dominoes and more! Great conversation, too!



Spilka Listening Hour

Second Monday of the Month at 12:30pm Momina Haidri, from Senate President Spilka's office will be on hand to answer questions and discuss important matters of the state

Rainbow Coffee Hour

First Tuesday of the month at 11am Join us for a Rainbow Coffee hour where members of the LGBTQIA+ community and allies can gather in person to enjoy coffee, pastries, conversation and community!

Select Chat

First Friday of the month at 9:30am, Join Select Board Vice-Chair Ben Sparrell in a casual Q&A atmosphere to discuss what's on your mind and learn about what's happening in the town.

SHINE

SHINE confidential counseling on all aspects of Medicare and related health insurance programs.



Tune Timers Band

Fridays, 1:00-3:30pm listen to the Tune Timers Band or enjoy dancing, singing and socializing.

Veterans Coffee

Join Richard or Sarah from Metrowest Veterans Services on the Third Thursday at 10:30am.

STORES, GROUPS AND ACTIVITIES

Bookstore: Open daily 9-4pm



Anyone in the community is welcome at the bookstore and all proceeds go to the Senior Support Foundation for programs at the Senior Center.

A Note from our Bookstore... Accepting general fiction only. Please no coffee table or oversized books!

Books must have jackets and be in saleable condition (no brown spots).

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

Good As New Shoppe: Open daily 9-4pm

Anyone in the community is welcome at the Good as New Shoppe and all proceeds go to the Senior Support Foundation for programs at the Senior Center.

A note from our Good As New Shoppe... We accept small household items in clean saleable condition, DVDs and puzzles which must be taped closed. We also accept women's clothing (new or gently used).



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

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



WRITER'S GROUP

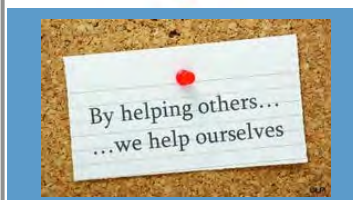
The group meets on the **first Tuesday of the month at 10am.**

Please join us for a stress-free and non-judgmental gathering to practice writing skills and to connect with others through written words.

November 5: My Home Town (now and then).

December 3: Siblings

Monthly topics are only suggestions. You are always welcome to write about something else. The first hour is for sharing our writings and afterwards, we do a "quick write" using additional prompts.



BOOK CLUB

We welcome you to join us on the **second Friday of the month at 1:30pm** to enjoy some interesting discussion, sharing and listening. We look forward to seeing you at the book club!



November 8: The Lioness of Boston by Emily Franklin

December 13: Then She Was Gone by Lisa Jewell

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



Camera Club Thursday, November 7 & 14 from 12:30-2pm

The club is to help you learn how to understand and use your camera. Please bring your camera and user manual to the class.

Camera Check list: Model of camera, memory card, battery, charger cord, lens shade, sky light filter. All are welcome and we look forward to meeting you!!

SERVICES

PODIATRY SERVICES

by Dr. Cooper

Wednesday, November 20
& December 18

Registration required 508-429-0622

A fee of \$40 payable by check to Dr. Cooper is due at the time of your appointment.

Medicare supplement plans or Medicare Advantage plans:

Which Coverage is Best for Me?

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.



Topics Covered:

- What's Original Medicare
- Differences between Medicare Supplement and Medicare Advantage Plans
- Do I need Prescription Drug Coverage
- Real-life case studies
- Resources to help you in the decision process

November 6 at 1pm

Register at 508-429-0622

You will leave with a clear understanding of which type of plan best fits your needs.



Free hearing aid cleanings at the Senior Center!

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 hearing needs.

**Wednesday, November 13
& December 11 at 10am**
Register at 508-429-0622

METROWEST MEDIATION

OFFICE HOURS

Last Monday of the month from 10am to 1pm

A trained mediator from MetroWest Mediation is available to offer free consultation on how to resolve family, business, or housing disputes.

MetroWest Mediation is a non-profit agency, based in Natick, dedicated to helping the community resolve conflict in a productive manner. Some of their key programs include the elder/family mediation program which supports seniors and their adult children in navigating important life transitions.

Register at 508-429-0622



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, November 12
& December 10**
Register at 508-429-0622

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!**

Thursday, November 14 at

9:30am: Topic: The Care Continuum, your journey from in home care to nursing home care

Thursday, December 19 at

9:30am: How to talk to your family about your long term care wishes.

Register and receive the zoom link by calling 508-429-0622



How to Lower Your Property Taxes

Learn all the options available to lower your property taxes with Holliston's Principal Assessor, Kevin Rudden. Kevin will focus on how the town's new means-tested exemptions works and how to apply for it. He will also talk about other tax reduction programs such as the senior tax work-off program and other available exemptions.

Wednesday, November 13 at 2:30pm.

Register at 508-429-0622

Legal Advice

with Attorney Bergeron

November 25 & December 23

Attorney Bergeron provides free 15-minute legal advice **via phone**. This is scheduled with the Senior Center on the 4th Monday of the month from 10am to 12pm.

Registration required at 508-429-0622

LUNCHEONS AND SPECIAL PROGRAMS



Thanksgiving Luncheon
Wednesday, November 20
12 to 2pm

Join us for a Thanksgiving feast of turkey, stuffing, mashed potatoes, and all the "fixings" along with seasonal pies for dessert.

Entertainment:

The Retro Polatin Band: exciting 50's and 60's band specializing in bringing Classic Pop Hits and Vintage Rock and Roll from that Golden Era of music with soaring vocals, a swingin' band, and an infectious sense of fun!

Cost is \$8 for the luncheon and RSVP by November 12 by calling 508-429-0622

Holliston Lions Club Lunch



Sunday, November 17 at Cole Court **sign up at Cole Court.**
 Tuesday, December 24 Delivery Lunch **RSVP by 12/19 at 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/delivered starting at noon.



For the in person lunches you're welcome to arrive early to socialize.

Winter Holiday Luncheon
Wednesday, December 18
12 to 2pm

Join us for a festive Holiday lunch of Italian rolls, GF penne with vegetables, Italian roasted potatoes, chicken piccata, meatballs, porketta, stuffed mushrooms, spanakopita, caesar salad, dessert and more.

Cost is \$8 for the luncheon and RSVP by December 10 by calling 508-429-0622

Entertainment:
The Tune Timer's



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.

"Breaking Through the Fog of Dementia": Friday, November 22 at 12:00pm. At the Town Sherborn Hall 2nd floor 19 Washington Street

Dan Cohen, MSW and Founder and CEO of Right to Music will be discussing how music can break through the fog of dementia by fostering focus and engagement, even when other cognitive functions are impaired. In this presentation, we will explore how utilizing favorite songs can generate a variety of positive outcomes that enhance quality of life.

There is no Lunch and Learn program in December. We look forward to seeing you again in 2025!

—> AARP Tax-Aide Program is Looking for Volunteers

The AARP Tax-Aide program is looking for compassionate and friendly people to join our team of volunteers. You will receive training and support to learn new skills, and you'll get a great feeling from helping elderly and low-moderate income people complete their tax returns.

In addition to preparing taxes, volunteers are needed to greet clients, do administrative tasks, and help with technology.

Volunteers work between one and three days a week during February and March. Training is in November, December and January and is primarily online.

Contact our local coordinator Kirk Joslin at KirkNJoslin@GMail.Com.

You can also sign up for more information at: <https://mataxaide.org/interest/>

ATTENTION COMMUNITY MEMBERS.

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

HOLLISTON SENIOR CENTER

&

HOLLISTON HUB - HCAT

ARE WORKING 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 Don Cronin at don@hcattv.org to find our



SPECIAL PROGRAMS

**Therapy Gardens
Are You Eating Processed
Foods?**



Research shows that diets high in ultra-processed foods are linked to higher rates of poor health, including depression and anxiety. Learn about these and other effects on your health, from increased risk of heart disease to digestive issues.

Discover how to spot hidden processing in everyday items like whole grain bread, cereals, and even some yogurt!

You will leave better informed about the foods you consume.

**Thursday, November 7 at 1pm
Register at 508-429-0622**

**Pearls of Wise Women
Sound Bath & Reiki**

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.

**Thursday,
November 21 at
1pm**

**Register
at 508-429-0622**



**Constitution Lecture
Chris DiOrio**



The Constitution of the United States is one of the most important documents related to our country. It is the very foundation of our democracy.

Come listen to a Constitution Law Professor who is well-versed in the Constitution to bring a clear and balanced perspective on this marvelous "living" document.

Chris DiOrio has been on the front lines of fighting for individual rights for over thirty years.

**Friday, November 1
at 11am
Register at 508-429-0622**

Driving Decision Workshop

Research suggests that most people out live their ability to drive by seven to ten years. The Registry of Motor Vehicles (RMV) "Driving Decision" workshop is an interactive discussion about older driver safety and mobility. Topics include license renewal requirements and liability, older driver assessment, planning for driving retirement, and license surrender procedures.



The program also identifies how medical conditions, functional impairments, and medications can impair driving. Workshop attendees will be able to identify the warning signs of unsafe driving, understand RMV policies and procedures, and learn techniques to prepare for driving retirement.

**Wednesday, 12/11 at 11am.
Register at 508-429-0622**

DECLUTTER

**Clear Your Thoughts
Clear Your Clutter**

As anyone who's ever tried to declutter knows, decluttering isn't as simple as walking around your home tossing unwanted things in a trash bag. Instead, your stuff gets tangled



up in thoughts that make it challenging for you to let go of possessions.

We'll discuss some of the most common reasons people have for holding onto stuff they may not use, need, or even like. Learn the technique for "talking back" to your clutter-clinging thoughts so you can make your home a functional and pleasant place.

**Thursday, November 14
at 1:30pm
Register at 508-429-0622**

**Therapy Gardens
Gardening and Plants**

Make a Terrarium Class

Create and care for your own miniature garden inside a container. Learn which plants to use, along with essential techniques for care and maintenance.

Each participant will design and build a beautiful mini-terrarium to take home.

**Wednesday, December 4
at 1pm
Register at 508-429-0622**



**Town of Holliston
COA/Senior Center**
150 Goulding Street
Holliston, MA 01746

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COUNCIL ON AGING

Board Officers

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

Members

Lynn Bajdek, Peter Eagan, Georgia Papavasiliou
**Meetings are held the second Wednesday of the
month at 1:00pm.**

Senior Support Foundation

The Senior Support Foundation (SSF) is a group of volunteers who raise funds to help support the seniors and the Senior Center. Funds raised go directly to services and programs for the older adult Holliston Community.

The Board Members

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

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

September 19 & October 17
The SSF is looking volunteers please call 508-429-0622 to inquire.

CENTER STAFF

Lisa Borchetta, Director
x212 | borchettal@holliston.k12.ma.us

Laura Parmensi, Assistant 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, Scott Babitts, Russ Pratt and Rick McLaughlin

SHINE (Serving the Health Information Needs of Everyone)
Fran Bakstran

Essential Resources & Information

Holliston Pantry Shelf 508-429-5392

www.hollistonpantryshelf.org

SNAP - Nutritional Assistance

www.dtaconnect.eohhs.mass.gov or 877-382-2363

Domestic Violence/Voices Against Violence 508-626-8686

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

SAGE LGBTQ+ Hotline 877-360-5428

Dial 988 Call2Talk Mental Health Hotline

Elder Abuse 800-922-2275