



Among Friends

JUNE 2009

HOLDEN COUNCIL ON AGING • 1130 MAIN STREET • HOLDEN, MASSACHUSETTS 01520

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Nutrition Site 508.829.0201
Lunch Reservations
Veterans' Agent 508.829.0244
Fax 508.829.0214

HOURS

Monday through Friday
8:00 a.m. to 4:00 p.m.

ANNUAL STRAWBERRY FESTIVAL

FRIDAY JUNE 19, 2009 AT 2:00 PM



BRING YOUR FRIENDS
ENJOY STRAWBERRY SHORTCAKE
And ENTERTAINMENT

Enjoy fresh picked local strawberries with whipped cream on a real biscuit with coffee or tea. Entertainment will be provided by vocalist and guitarist Marti Sawyer, returning by popular demand. We must have your registration by Monday, June 12, 2009 in order to plan. Please call 508-829-0270.

SAVE THE DATE !

PEN PAL PARTY IS JUNE 15TH

DETAILS ON PAGE 5.

GREENDALE MEN'S CLUB CHORUS

Lee Bartlett will direct the Greendale Men's Club Chorus in a free performance at the Holden Senior Center at 11:00 am on Wednesday, June 3, 2009. The 20 member group will sing oldies but goodies and songs from Broadway Shows. Please register at 508-829-0270.

COME JOIN THE WALKERS

The senior walkers is an informal group that meets every Tuesday at 10:00 am at the Senior Center. The group is open to all, and looks forward to new ideas for springtime walks. Short walks, long walks, destination walks, and walks including a picnic are in the planning stages. They would like to have more people join them and may increase walking more than once a week.

Due to popular demand, a second trip to the **Tall Ships** has been added. See Page 4 for details.



SAVE THESE DATES!!

Mark your calendars so you'll be sure not to miss our annual summer events! Friday, June 19th at 2:00 p.m. we will have our Strawberry Festival; Tuesday, July 14th we'll hold our Victorian Tea and on Friday, August 21st, we'll trek out to Trout Brook for our annual picnic. Registration is required for all three events. Details to follow in future newsletters or you can call 508-829-0270 for further information.

Important DATE!

In February's Newsletter, Jane Neale talked about memories growing up in Holden. That inspired Rodney Field to write the following:

Dear Jane:

Hooray! So great to read that "Jane is back." My brother sent me a copy of "Among Friends," February issue. I sure enjoyed reading it and all the memories. Hope you won't mind a little bit of constructive criticism on a couple of minor errors.

First off, the principal of Rice School was Mr. Langley, not Mrs. He was a down hill skier and when there was snow on the playground, he'd show the students the use of skies and ski poles.

I remember, well, the trolley cars, and how I loved to ride them into Worcester when my Mom went shopping. With the demise of the trolleys, a family in Rutland by the name of Prescott, started a bus service from Barre, Rutland and Holden to Worcester. This eventually was bought out by the Shortline Bus Company. However, it never ran to Princeton and Mr. Walker, who had the school bus, started a bus service to Princeton. This was later bought or taken over by John LaPorte which he ran for a good many years. He even ran a tour bus to various events and attractions around New England. One such was a monthly big cash Bingo game in Springfield, Vermont.

Sounds like you would like some input about memories of Holden, so, I'll offer a couple of mine.

How about those hot summer days going for a swim at that nice beach at Eagle Lake or Unionville Pond and the town constructed pool on Salisbury Street at Dawson. That's where I learned to swim under the guidance of life guards like Paul Bennett, Emil Koenig (before he became a doctor) and his brother, Walter.

Then, the winters with skating on the ponds, especially Bryants Pond, or we called it, Parkers Pond. The street lights on Main Street in front of Sunnyside Motors, gave us good lighting on the pond; the bon fires on the ice where you could warm up and then skate some more. Daytimes, we boys often had some good hockey games.

And then, there was sliding when the town would close off Union Street from Highland Street down, so the kids could slide. Frank and Luke Wisner would bring their big double runner sled that would hold six to eight kids. What a ride! On a good run, you could get by Brewer's sawmill and go all the way to Unionville Pond.

Then, there was ice cutting time on Parkers Pond to fill their ice house. How I enjoyed that job. Once you started, you had to keep going to keep the channels you cut open and not freeze over again. Some of the boys helped guide the blocks of ice into the right stalls and cover them with sawdust. Maybe we only got 50 cents or a dollar, but we loved it. What a sad day in 1938 when the hurricane blew the icehouse down. Of course, that was in September when the icehouse was empty, and she went down easy. The same storm blew down the six WTAG towers off Shrewsbury Street. I never understood why they replaced them with only five. Those towers were like homing beacons, as they could be seen from miles away. If you went off on a trip and came home after dark, you spotted those towers and you knew you were almost home.

I can think of a couple of more names worth mentioning, such as Bob Johnson, Fire Chief; Enoch Lindstrom, Superintendent of Streets; and Henry Gonyea, Head of the Light Department.

I often wonder just what would the youth of today have to reminisce about in their golden years. Our memories are something they can't take away from us.

Hope you are feeling well and continue to do so. From one of your "young old" classmates,
Rodney Field



CHESS PLAYERS WANTED

Are you interested in playing chess? Come to the Senior Center on Wednesday, June 10th at 10:00 am to have a game, and to decide on the best day and time to continue meeting.

Wii Bowling

Wii Bowling begins Wednesday, June 17th at 10:00 am. See what it's like, play a game, and help us decide on the best day and time to continue.



MAKE A PLANTER FOR YOUR WINDOWSILL OR PORCH

June 8, 2009



Tina Bemis, from Bemis Farms Nursery, will conduct a workshop on June 8, 2009 at 10:00 a.m. Instruction and all materials will be provided for this small herb garden in a clay pot. The cost will be \$15.00 per person, and we need a group of 15 people. Please sign up at the senior center. We need your payment by Tuesday, June 2nd to guarantee the class.

DEALING WITH STRESS

Wednesday, June 3, 2009, 9:00 am

The Senior Wellness Series sponsored by Fallon Community Health Plan will sponsor this free program on Dealing With Stress. The program is free and open to all. Please register at 508-829-0270.



"Is It A Senior Moment?"

A free educational workshop on Normal Aging vs. Alzheimer's Disease

Listen to a panel talk about warning signs, the difference between normal aging and Alzheimer's disease, getting a diagnosis, community resources and the Family Caregiver Support Program. Panel members are Elizabeth Nasser, PhD – The Centers for Aging and Memory, Julie McMurray, Coordinator – The Alzheimer's Association, Debbie Dowd-Foley, Caregiver Specialist – Elder Services of Worcester.



June 10, 10:00 a.m. – 11:30 a.m.

This free program is open to all. Register at 508-829-0270.

Savvy Seniors Information Fair

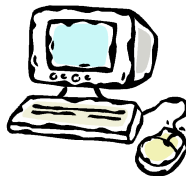
The Holden Senior Center will be the site for an information fair on Friday, June 5, 2009 from 9:00 am to 2:00 pm. Representatives from businesses and agencies providing services to the senior population will have a person available to answer questions and give information on senior housing, assisted living, home care services, downsizing services, reverse mortgages and other current topics. The event is open to all and there is no charge to attend.

MONTHLY VETERANS' MEETING

A meeting will be held on Friday, June 26th at 10:30 a.m. for veterans of all wars. This is an open meeting. Please come to tell your favorite stories or experiences. We will be making plans for future meetings. Coffee served. No July or August meetings.



COMPUTER WIZARD



Bob Beck will be here on Tuesday June 16th at 9:30 am to answer your computer questions.



JUNE MOVIES

Thurs., June 4... “**Ghost Town**” ~ British funnyman Ricky Gervais stars in this feature film as Bertram Pincus, a hapless gent who’s pronounced dead, only to be brought back to life with an unexpected gift: a newfound ability to see ghosts. When Bertram crosses paths with the recently departed Frank Herlihy (Greg Kinnear), he gets pulled into Frank’s desperate bid to break up his widowed wife’s (Tea Leoni) pending marriage to another man.



Thurs., June 11... “**Last Chance Harvey**” ~ Dustin Hoffman stars in this romantic comedy as Harvey Shine, a struggling jingle writer who risks losing his job to attend his daughter’s London wedding, only to discover he is not exactly welcome at the ceremony. While seeking refuge in the airport bar, Harvey meets a lonely statistician named Kate (Emma Thompson) and soon finds himself happily thrust into an unexpected romance. Hoffman and Thompson both picked up Golden Globe nominations for their roles.

Thurs., June 18... “**The Reading Room**” ~ This heartwarming drama stars James Earl Jones as a widower who honors his wife’s dying wish by opening a reading room in a tough inner-city neighborhood. Affluent suburbanite William Campbell (Jones) is surprised by his wife’s request, but donates his extensive library to the effort. He soon finds himself faced with many obstacles and triumphs as he tries to teach illiterate community members to read. Joanna Cassidy and Tim Reid co-star.

Thurs., June 25... “**Lighthouses of North America**” ~ Lighthouses have always been a romantic symbol recalling foggy evenings best spent under a warm blanket with a loved one. But they are also often associated with eerie maritime tales of ghost ships and lost sailors disappearing into the dark night. Visit some of the famous lighthouses in the United States in this breathtakingly filmed travelogue which takes viewers coast to coast and delves into the history of these fascinating structures.

UPCOMING TRIPS

Tall Ships ~ Boston - Friday, July 10, 2009 - \$85.00 per person. Enjoy a 3 hour buffet & cruise of Boston Harbor aboard the brand new 85 foot luxury yacht “the M/V Harbor Queen.” Designed and built by the late great Luther Blount, the M/V Harbor Queen features a neutral interior, gorgeous wood bar and brass railings that transform easily to reflect your unique vision and theme. The M/V Harbor Queen also offers controlled air conditioning to keep you comfortable during your cruise. The M/V Harbor Queen will depart from Quincy Bay Marina and slow cruise into Boston Harbor as you enjoy a delicious Buffet Meal! **Tall Ships...** Graceful, Dramatic and Powerful, the sailing ships of the 18th and 19th centuries, known as Tall Ships, have inspired writers and adventures. Sit back and enjoy your cruise of Boston Harbor as your professional guide points out the sights with a narration of the spectacular Tall Ships! Depart from the Senior Center at 12 Noon. Return approximately 6:00-6:30 p.m. Full Payment due upon reservation. Checks made payable to HCOA.

Tuesday, August 11...Mohegan Sun Casino Trip includes transportation, \$10.00 meal voucher; \$10.00 gambling voucher and driver’s tip. Cost of the trip is \$22.00. Depart from the Senior Center at 8:00 a.m. and return at approximately 3:30 p.m. Please register and pay by July 18th.

Tuesday, September 15...Newburyport & Plum Island Visit Historic Newburyport and Plum Island with over 300 years of Regional and National History. Upon arrival your expert tour guide will show you sights and sounds of a Historic New England Port City. Lunch is included at the Starboard Galley Restaurant, a local downtown eatery on the water. Lunch choices are: Cup of Chowder or Garden Salad; Baked Haddock, Fried Clam Basket or Chicken Caesar Salad; Strawberry Shortcake for Dessert, Coffee, Tea & Soft Drinks. Following lunch, you will have time to stroll the downtown area and visit shops and galleries. It’s time to head for home, but not without one last stop at Kimball Farms for ice cream!! Cost of the trip is \$49.00. Motor Coach departs the Senior Center at 8:30 a.m. Approximate return time is 5:30 p.m. Final payment and meal choices are due by September 4, 2009.



Upcoming Trips –Watch for announcements in the July newsletter of trips to Wrentham Mall, Botanical Gardens, foliage tours and others. Also, we want your suggestions !!!!!

TAKE ME OUT TO THE BALL GAME



Seeing as how the Red Sox opening day game was rained out, we thought we’d give it another try. Thursday, July 30th we’ll project the Red Sox vs. Oakland game onto the big screen in the dining room here at the center. Game time is 1:35. So bring a friend and come enjoy the game, hotdogs, popcorn and soft drinks.

JUNE HIGHLIGHTS

Wed., June 3...Dealing With Stress 9:00 am
 Wed., June 3...Greendale Men's Chorus 11:00am
 Fri., June 5...Savvy Seniors Vendor Fair 9:00 am to 2:00 pm
 Mon., June 8...Tina from Bemis Farms plant workshop 10:00 am
 Weds., June 10...Is It a Senior Moment?
 Panel Discussion on Alzheimer's 10:00 am
 Mon., June 15...Pen Pal gathering at the Mayo School 2:00 pm.
 Fri., June 19...Annual Strawberry Festival, entertainment by
 Marti Sawyer 2:00 pm.
 Fri., June 26...Veterans Group Meeting 10:30 am.

**PLEASE NOTE
 PEN PAL PARTY**



The end-of-year gathering with our pen pals will be held on Mon., June 15th. Please come to the Mayo School at 351 Bullard St. for a get-together at 2:00 pm. Please call the Senior Center at 508-829-0270 with any questions or if you cannot attend.



The Blood Pressure Clinic is now being held EVERY Tuesday from 10:00 to 12:00.

**FRIENDS OF THE HOLDEN
 COUNCIL ON AGING**

I Would Like to:

- Renew My Membership**
- Become a New Member**

**Enclosed is my \$5.00 donation
 Please send card to:**

NAME: _____

ADDRESS: _____

TELEPHONE NUMBER: _____

**You Can Stop by the Senior Center
 to Join or
 Mail Your Membership To:**

**Holden Senior Center
 1130 Main Street
 Holden, MA 01520**

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