

SEPTEMBER EVENTS

Volunteers ~ A Special Event in Your Honor

The Holden Council on Aging will be honoring our Volunteers on Tuesday, September 22 at 9:00 a.m. with a breakfast.

If you have volunteered at the Senior Center from July 1, 2008 until June 30, 2009

in any capacity, such as but not limited to:

Meals on Wheels Drivers; Meal Site Volunteers; Outreach Volunteers (friendly visitors, book express, food pantry); Pen Pals; Office Workers; CCA or Friends Board Members; if you volunteer at big events for either the Senior Center or the Friends; if you run games or if you fill any other volunteer position, you are cordially invited to attend.

Our entertainment will be Lighten Up who guarantee to boost your spirit and keep you laughing.

Please call Maureen at 508-829-0270 by

Wednesday, September 15th to make your reservation.

People attending lunch on this day should not arrive before noon.

Lunch will be served at 12:30.

FRIENDS OF HOLDEN COUNCIL ON AGING ANNUAL MEETING

The Annual Meeting of the Friends of the Holden Council on Aging will be a breakfast on Saturday, September 12th at 9:00 a.m. We encourage all members of the Friends to attend. Your admission is your Friends membership card. We need to know how many members to expect, so please make your reservation by calling the Senior Center at 508-829-0270.



PEN PALS DESPERATELY NEEDED

We invite elders interested in participating in our Pen Pal Program with the 3rd grade students of Mayo School to call the Senior Center to volunteer. This is a wonderful, rewarding program begun by Rosalie Corcoran over 25 years ago. Please call us at 508-829-0270 for details and to volunteer!



LINE DANCING IS BACK!!

Join us for one of our most enjoyable programs!

Cheryl Volpe will be back teaching line dancing. The first class is free on Thursday, Sept. 10th



Classes each Thursday thereafter will be \$4.00/class. Call 508-829-0270 to register. Come join the fun!! Bring a Friend!!

RESERVED
FOR SPONSORS

MORE SEPTEMBER EVENTS & COMING IN OCTOBER

SENIOR CREATIVE WRITERS' EXCHANGE



Participants will share creative work (poems, essays, short stories, memoirs, journals). Each participant may take a turn "leading" the group by giving suggestions and inspiration for the next writing project. Also, samples of work can be shared with the group, if desired, and participants may give constructive comments. Writers may also offer help to others in areas where they feel most confident (character & scene description, poem formats, publishing). A sign-up session will be held on Wednesday, September 9th at 1:00 p.m. If interested, or for further information, please call Naomi at the Senior Center to register at 508-829-0273.

BOWLING LEAGUE BEGINS



The Senior Center Bowling League is planning to start a new season on Thursday, September 10th at 1:30 p.m. at the Colonial Bowling Alleys on Mill Street in Worcester. If you have any questions call Rollie or Barbara Olson at 508-853-3513.

IMPORTANT PRESENTATION FROM THE DISTRICT ATTORNEY

Attorney Elizabeth Haddad from the Worcester District Attorney's office will speak at the Holden Senior Center on Wednesday, September 9th at 10:00 a.m. Attorney Haddad will talk on Senior Safety, a comprehensive presentation encompassing all aspects of crime prevention and safety that includes the following topics: Identity Theft, Frauds and Scams, Elder Abuse, Property Crime Prevention and Personal Safety. The program is free and open to all. Refreshments will be served. Please register by calling 508-829-0270.



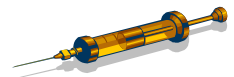
TWO SISTERS AND THE SILVER SPOON



Kathy Israelian Fleming, one of the authors of the Two Sisters and the Silver Spoon Cookbook, will speak on Monday, September 14th at 1:00 p.m. What prompted Kathy and Nancy to embark on the task of compiling a cookbook and getting it published? Come hear all about their adventure. The book includes wonderful recipes from various parts of the country, special dishes influenced by their Armenian and Spanish heritage, and new twists devised by their own culinary talents. Enjoy a special dessert created by the author. The program is free, but you must register at 508-829-0270.

FLU SHOT CLINIC

The Holden Senior Center will hold its Annual Flu Shot Clinic on Monday, September 28th from 1:00-4:00 p.m. Please remember to bring your health card with you.



COMING IN OCTOBER~PUBLIC POWER WEEK LUNCHEON!

The Holden Municipal Light Department will once again sponsor a complimentary lunch for **HOLDEN RESIDENTS ONLY** on Monday, October 5th at 12:00 pm. This year the senior center staff will prepare salad, roast pork, smashed potatoes, green beans, applesauce, rolls and butter and coffee. The light department will provide the dessert. You **MUST** register in order to attend by calling the Senior Center at 508-829-0270.





SEPTEMBER IS HEALTHY AGING MONTH PHYSICAL ACTIVITIES GUIDELINES YOU CAN DO MORE THAN YOU THINK YOU CAN!!

Interviews of elite athletes done by staff for Healthy Aging, show that at least one hour of cardiovascular activity a day is a key to fitness. The U.S. Department of Health & Human Services has announced what it feels is the way for adults to gain substantial health benefits through moderate aerobic physical activity. They say it is two and a half hours a week - that's around 20 minutes per day for adults. The recommendations for children are one hour per day.

According to HHS, "The guidelines are designed so people can easily fit physical activity into their daily plan and incorporate activities they enjoy." Physical activity benefits children and adolescents, young and middle-aged adults, older adults and those in every studied racial and ethnic group, the report said.

"It's important for all Americans to be active, and the guidelines are a roadmap to include physical activity in their daily routing," former HHS Secretary Mike Leavitt said. "The evidence is clear -- regular physical activity over months and years produced long-term health benefits and reduces the risk of many diseases. The more physically active you are, the more health benefits you gain."

Regular physical activity reduces the risk in adults of early death; coronary heart disease, stroke, high blood pressure, type 2 diabetes, colon and breast cancer, and depression. It can improve thinking ability in older adults and the ability to engage in activities needed for daily living. The recommended amount of physical activity in children and adolescents improves cardiorespiratory and muscular fitness as well as bone health, and contributes to favorable body composition.

The Physical Activity Guidelines for Americans are the most comprehensive of their kind. They are based on the first thorough review of scientific research about physical activity and health in more than a decade. A 13-member advisory committee appointed in April 2007 by former Secretary Leavitt reviewed research and produced an extensive report. Key guidelines by group are:

Adults-Adults gain substantial health benefits from two and one half hours a week of moderate intensity aerobic physical activity, or one hour and 15 minutes of vigorous physical activity. Walking briskly, water aerobics, ballroom dancing and general gardening are examples of moderate intensity aerobic activities. Vigorous intensity aerobic activities include cycling, race-walking, jogging or running, swimming laps, jumping rope and hiking uphill or with a heavy backpack. Aerobic activity should be performed in episodes of at least 10 minutes. For more extensive health benefits, adults should increase their aerobic physical activity to five hours a week moderate-intensity, or two and one half hours a week of vigorous-intensity aerobic physical activity. Adults should incorporate muscle strengthening activities, such as weight training, push-ups, sit-ups and carrying heavy loads or heavy gardening, at least two days a week.

Older adults-Older adults should follow the guidelines for other adults when it is within their physical capacity. If a

chronic condition prohibits their ability to follow those guidelines, they should be as physically active as their abilities and conditions allow. If they are at risk of falling, they should also do exercises that maintain or improve balance.

Adults with disabilities-Those who are able should get at least two and one half hours of moderate aerobic activity a week, or one hour and 15 minutes of vigorous aerobic activity a week. They should incorporate muscle-strengthening activities involving all major muscle groups two or more days a week. When they are not able to meet the guidelines, they should engage in regular physical activity according to their abilities and should avoid inactivity.

People with chronic medical conditions-Adults with chronic conditions get important health benefits from regular physical activity. They should do so with the guidance of a health care provider.

SOURCE: Healthy Aging® news room and US Dept. of HHS

YOU CAN HELP OTHERS!!

Did you know that cell phones that don't have service but can still be charged are able to call 911 for help? The Senior Center will be happy to take old cell phones that still hold a charge to pass along to people that would like to have one for emergency purposes only.



SEPTEMBER MOVIES

Thursday, Sept. 3... "Bride Wars"

Thursday, Sept. 10... "Saving Sarah Cain"

Thursday, Sept. 17... "The American Hobo" (documentary)

Thursday, Sept. 24... "Dr. Dolittle: Million Dollar Mutts"



UP-COMING TRIPS

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 is included. Following lunch, you will have time to stroll the down-



town 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.

Tuesday, September 22...Newburyport & Plum Island (An additional day has been added)

Please see details under the September 15 listing above.

Wednesday, September 23...Wrentham Outlet Mall Get a head start on your holiday shopping or just do some shopping for yourself. Upon arrival, you will be given a VIP coupon book that has over 100 participating stores offering discounts. The cost of the trip is \$25.00. The motor coach leaves the Senior Center at 9:00 a.m. and will return at 3:00 p.m. Your final payment is due by September 8, 2009.

Tuesday, October 20...The Best Vermont Foliage Tour Vermont is called the Green Mountain State and this trip will show you why Vermont has this nickname. Your journey North will take you on a scenic ride to the beautiful town of Putney, VT. Before lunch, you'll visit the Vermont Country Store where you can purchase unique items, some that may bring you back to THE GOOD OLD DAYS! Lunch is included at the elegant Putney Inn and your meal includes their Vermont Feast! Vermont Maple glazed Ham **and** Roast Turkey with Country Stuffing, served with a Garden Salad, Fresh Baked Rolls, seasonal Vegetable, Classic mashed potatoes, Putney Inn Desserts, Coffee or Tea! Following lunch you will visit Harlow's Sugar House. You will be able to purchase real homemade items as well as see how the maple sugar process works! Motor coach departs the Senior Center at 8:30 a.m., approximate return time is 5:00 p.m. Cost of this trip is \$59.00 per person. Final payment is due on or before October 1st.

SEPTEMBER HIGHLIGHTS

THUR., SEPT. 3...HCOA BOARD MTG. 8:00
MON., SEPT 7...LABOR DAY~ SR. CENTER CLOSED
WED., SEPT. 9...DISTRICT ATTORNEY TALK 10:00
SENIORS CREATIVE WRITING EXCHANGE 1:00
THUR., SEPT. 10...LINE DANCING BEGINS 1:00
BOWLING LEAGUE BEGINS COLONIAL BOWL 1:30
SAT., SEPT. 12...FRIENDS ANNUAL MEETING &
BREAKFAST 9:00
MON., SEPT. 14...TWO SISTERS & THE SILVER
SPOON 1:00
THUR., SEPT. 24...VOLUNTEER RECOGNITION 9:00
MON., SEPT. 28...FOUR GET ME NOTES 1:00
MON., OCT. 5...PUBLIC POWER WEEK LUNCH
BY RESERVATION-HOLDEN RES. ONLY 12:00

Swine Flu Update

The H1N1 Influenza Virus (also known as Swine Flu) will have a new vaccine which we expect to be available by mid fall. This vaccine will be given in two separate doses, approximately 3 weeks apart. The Town of Holden is planning for a local Emergency Dispensing Site (EDS) for this H1N1 Virus and will be announcing more about this in the near future. The seasonal flu shots which are held annually at the Holden Senior Center will be available soon and should still be gotten by all residents, especially those who are elderly, immune compromised, pregnant or who have small children living at home. If you have any questions about the seasonal flu clinic or the H1N1 EDS, please call the Holden Board of Health at 508-829-0254.

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 _____

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

Holden Senior Center
1130 Main Street
Holden, MA 01520

REMINDER

Our Veterans' group will resume their meetings in October. Please check the October newsletter for date, time and other details.



Books to Borrow

Check out books to borrow at the Holden Senior Center. Shelves in the lobby are filled with fiction, non-fiction, mysteries, historical novels and adventure. Books can be borrowed on the honor system anytime.

Left Blank for Mailer