

## THE CENTER

150 Goulding Street  
Holliston, MA 01746

508-429-0622

[townofholliston.us/senior-center](http://townofholliston.us/senior-center)

Like us on Facebook!

### Hours

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

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

## SPONSORSHIP OPPORTUNITIES

The Center invites community partner organizations to sponsor specific programs such as the Memory Café, speaker series and other special programs.

# July & August 2025



## Thank You!!

The Council on Aging thanks everyone who made the 1st COA Open House on May 3rd at The Center!

On a gorgeous spring day when the town had a number of competing events, we were fortunate to meet and greet many newbies as well as our frequent-user friends. The building was a-buzz for the afternoon as all who stopped by had a chance to meet staff, instructors, and volunteers, tour the building, and learn about various programs and services. Additionally, we celebrated our new logo with Shannon Tuttle, its creator.

## IMPORTANT DATES

**THE CENTER WILL BE CLOSED ON FRIDAY, JULY 4**

PLEASE NOTE: DURING INCLEMENT WEATHER, PLEASE CHECK THE TOWN WEBSITE AND/OR CENTER ALERTS TO SEE IF THE CENTER IS CLOSED.

**Stay tuned to local news!**

## Director's Message

**Welcome to the "Early Summer Day's Dream"**

***I hope this note finds you well and enjoying; the longer days, the sounds of crickets and peepers, colorful flowers, butterflies, birds and baseball!***

As I was thinking about you today and what I wanted to write, I found myself dancing between two different topics – the seasons of the year and the seasons of our lives. In particular, I was musing about the positive and negative aspects of each and how both what we think and what others think about these "seasons" greatly effects our experience in life. Often I write about the seasons of the year, but this time I felt like I really wanted to say something about the seasons of our lives, and more importantly how the world around us and the world within us effects how we move through our days. More specifically... I wanted to talk about how we feel about aging and how other people's beliefs and attitudes about growing older, affect our lived experience.

While this may not always be true, our society often lauds youth, while often being unable to see the value of growing older. But, luckily for us, we live in a time when there is a whole field of thought about: "Positive Aging" – which directly confronts the damage done to older adults and to society as a whole, when we adopt an **ageist** view. "Ageism, or discrimination based on age, has serious consequences for individuals and society, affecting physical and mental health, financial stability and social well-being. It can lead to: poorer health outcomes, increased stress and depression. It also impacts financial security, employment opportunities, access to healthcare and social support. It's not good for us **at any age**.

The good news: growing older is a natural process involving; physical, mental and social changes over time. It can be a **time of both physical decline and potential growth, including: gaining wisdom, perspective, and a deeper understanding of life**. Here's some thoughts and practices to help you age positively: embrace change, maintain social connections, seek out cognitive stimulation, and prioritize physical and mental health (emphasizing a positive mindset, a sense of purpose and continued learning.) And... try to catch yourself when you are thinking negatively about yourself or someone else and blaming it on age, **no one can be perfect ALL the time!**

~ Lisa Borchetta, Director -The Center



# ANNOUNCEMENTS

## Senior Support Foundation

As President of the Senior Support Foundation (SSF), I want to remind you of the importance of our annual, "Good As New" Garage Sale. The Town of Holliston covers the department's annual operating expenses, programming is covered almost exclusively by our dedicated SSF - Senior Support Foundation! This is where your support of the SSF is essential in supporting the older adults of Holliston.

**You can support the sale in several meaningful ways:**

- **Make a monetary donation to SSF** (please make checks payable to SSF)
- **Donate items:** "Good as New" household items, gift cards, products, services, or **new items** suitable for raffle prizes

With your continued generosity, we are looking forward to another successful sale this year. Thank you for being a vital part of what makes our community strong and supportive.

**Warm regards, Neil Svendsen SSF President**

## Good As New Garage Sale is Coming!

**Saturday, September 6, 2025; 9:00 AM to 3:00 PM; Rain or Shine at The Holliston Center and its Garage.**

The guiding principle of this year's fall fundraiser, as the name suggests, are items that are as good as new and are limited in size to fit inside the building and/or the garage.

**Garage Sale donation drop off dates for good as new items: August 19, 21, 26, and 28 from 10:00am to 1:00pm**

**Volunteers are needed to make this Sale successful. Email Sheila to volunteer: [sheiladjoslin@gmail.com](mailto:sheiladjoslin@gmail.com)**

Help is needed on donation days in August, Friday, September 5 and Saturday, September 6 for set up, staffing sales areas, and food preparation and service.

**Food will be available to purchase throughout the day**

**ALL FAIR MEETING: Thursday, July 24 at 9:30am \*\*\*\*ALL are welcome to attend**



### Donation Categories

- Baked Goods
- Small Household Items
- Books
- Framed Art
- New Toys
- Jewelry
- Linens
- Purses & Suitcases
- Homemade Crafts
- Raffle/Auction Items (New Items only)

***All items must be in good condition to be accepted!***

### Items NOT Accepted

- Coffee Cups/Mugs
- TVs/Large Electronics/Computers
- Upholstered Furniture
  - Large Furniture
  - Baby Furniture/Car Seats
    - Fabric or Yarn



### **Baked Goods Needed for Good as New Garage Sale**

Pies, cookies, brownies or your own special recipe!

If baking is not your thing, we will gladly appreciate individual bags of chips or soda to sell at the food station.

**Donations of baked goods can be dropped off at The Center the day before the sale on Friday, September 5 between 9am to 3pm. Thank you!**



Hello all, as time progresses and technologies advance we would like to inform you on evolving scams. Scammers are now using artificial intelligence (AI) to help digitally record voices or change their voices. This often confuses people and institutions. As a friendly reminder never answer phones numbers you do not know, if it's important they will always leave a message. If that message sounds illegitimate please contact the police department so we can guide you. Never text someone back that you don't know or follow the prompts in the message. If someone is asking for gift cards or Bitcoin, it is a scam. If someone directs you to not call the police then it is time to call the police. Lastly, emails are the fastest way for scammers to access your information. If there is ever a problem with any of your financial data please go into your financial institute physical site. For instance if you receive a call saying there is a problem with your Bank of America account, please go to the nearest bank and speak with a representative there. If the bank deems the police need to get involved they will assist you in this matter. One last piece of common scamming advice, if someone calls you and tells you to go anywhere to get money, gift cards, or any other good hang up the phone or drive to the police station so we may assist you. With the nicer weather please enjoy the outdoors safely. **Respectfully, Sergeant Remkus & Detective Ciavarra**

## SUPPORT THE CENTER

### 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. **Make your check payable to:**

**The Town of Holliston** & mail it or drop it off at :The 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](mailto:parmensil@holliston.k12.ma.us)



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

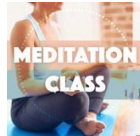
Ads will be placed here. No content may go here.

## RECURRING 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.



**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!  
**Check the calendar on page 6 & 7 MANY DATES at Christ The King Lutheran Church (CTK) at 600 Central St. and the Park & Rec Space in Holliston**



**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. **July 15 taking place at Christ The King Lutheran Church at 600 Central St in Holliston. August no meditation**

**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 Susan TUESDAY 12:35pm** This class introduces easy-to-follow Zumba® choreography. Zumba also focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance! . Zumba is exercise in disguise. **\* No class August 19 & 26**



**\$5 Cost for all Classes Instructor cost subsidized by Senior Support Foundation (SSF/Fall Fair)**



**Pilates with Joni THURSDAY 9am** Pilates is core stability, strength, flexibility, and attention to muscle control, posture, and breathing. The exercises are modified from beginner to advanced.

**Brain & Body Wellness with Amanda from Spot on Therapy FRIDAYS at 10am** A fun class designed to help people stay active, improve balance, and sharpen cognitive skills. This program combines physical exercises and brain-boosting activities that benefit everyone. Join us to enhance your health and vitality in a supportive and social environment!  
**\*No class July 18**



## RECURRING PROGRAMS

**Billiard Room**  
Open Monday through Friday 9am to 4pm (some restrictions may apply).

**Coffee and Coloring**  
Monday, 9:30-11:30am Enjoy coloring and conversation.

**Coffee with Holliston Police**  
First Tuesday at 10am. Join Holliston Police in a casual Q&A atmosphere to discuss what's on your mind.  
**Not available in July or August**



**Games Day** Monday, 1:15-3:45pm Join us for a fun time playing; cribbage, cards, dominoes and more!  
Great conversation, too!

**Mah Jongg Open Play**  
Thursdays at 1pm play Mah Jongg in our dinning room with other Mah Jongg enthusiasts. Bring your set.



**Dull Men's Club (DMC)** Fridays from 10 to 11am. Come meet other men from the community. See page 12 for more information.

**Trailblazer Club in Planning Stage:** do you want to help lead a group of adults in activities outside The Center? These activities will range from low activity to high activity and everywhere in between. Contact Laura Parmensi if interested [parmensil@holliston.k12.ma.us](mailto:parmensil@holliston.k12.ma.us)

**Spilka Listening Hour** Monthly on Mondays at 12:30 with Momina Haidri, from Senate President Spilka's office.  
**Not running July and August.**

**Rainbow Coffee Hour** First Tuesday of the month at 11am. Members of the LGBTQIA+ community and allies can gather in person for conversation and community!

**Select Chat not running July & August**

**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.

## SHOPS, GROUPS AND TRIPS

### WRITER'S GROUP

Join us on the **first Tuesday of the month at 10am** for a stress-free and non-judgmental gathering to practice writing skills and to connect with others through written words.

**July 1 ~ Someone in politics past or present that I have admired**

**August 5~ Choose any photographs you have and write about it.**

**Monthly topics are only suggestions. You are always welcome to write about something else.**



**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!

**Book Club is not meeting in July and August**  
Perhaps summer reading will inspire the next book for the September 12 session.

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



### Good As New Shoppe: Open daily 9-4 pm

**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 Center.

A note from our Good As New Shoppe... We accept small household items, women's clothing in clean condition ready to sell. DVDs and puzzles which must be taped closed.

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

**Donations accepted: Monday thru Friday 9am to 3pm**



### 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 Center.

**A Note from our Bookstore...** Accepting general **fiction only please.**

Please no coffee table or oversized books! **NO James Patterson Books PLEASE (on sale now for \$.25 per book)**

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

**Donations accepted: Tuesday & Thursday from 12-3pm with a one bag maximum please**

### Best of Times Trips

#### Lunch and a Show at Lake Pearl:

John Denver 9/16

Fall Foliage Day Trip 10/ 8

Xmas w/ Barbra and Tony 12/2

Newport Christmas 12/10



#### Overnight Trip:

**2026 Eastern Caribbean Cruise**



All sign up for trips are done on a computer or smart phone. If you need help signing up let us know. Flyers with full details and how to sign up are available when we receive them. Call 508-429-0622 to inquire if we have received the flyers.

Social Wellness Month		<h1>JULY</h1>			National Culinary Arts Month	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
<p><b>***Means Reservations are Requested in Advance.</b></p> <p><b>Please call 508-429-0622</b></p>	<p><b>1</b></p> <p>10:00 <b>Writers' Group</b></p>  <p><i>Writer's Group</i></p> <p>10:30 Energy Focus Movement</p> <p>11:00 <b>Rainbow Coffee</b></p> <p>12:35 Zumba Gold</p> 	<p><b>2</b></p> <p>11:00 Yoga</p> <p>12:00 <b>Lunch***</b></p> <p>12:00 <b>SHINE***</b></p> 	<p><b>3</b></p> <p>9:00 Pilates</p> <p>10:30 Energy Focus Movement</p> <p>1:00 Mah Jongg Open Play</p>	<p><b>4</b></p> <p><b>Closed Holiday</b></p> 		
	<p><b>7</b></p> <p>9:30 Coffee &amp; Coloring</p> <p>11:00 <b>Yoga at CTK</b></p> <p>12:00 <b>Lunch***</b></p>  <p>1:00 Tai Chi</p> <p>1:15 Games Day</p>	<p><b>8</b></p> <p>10:30 Energy Focus Movement</p>  <p>12:35 Zumba Gold</p>	<p><b>9</b></p> <p>10:00 <b>Hopkinton Audiology Cleaning***</b></p>  <p>11:00 <b>Yoga at CTK</b></p> <p>12:00 <b>Lunch***</b></p>	<p><b>10</b></p> <p>9:00 Pilates</p> <p>10:30 Energy Focus Movement</p> <p>1:00 Mah Jongg Open Play</p> 	<p><b>11</b></p> <p>10:00 Brain &amp; Body Wellness Exercise</p> <p>10:00 <b>Dull Men's Club</b></p> <p>1:00 Tune Timers</p> <p><b>No Book Club this month.</b></p>	
<p><b>14</b></p> <p>9:30 Coffee &amp; Coloring</p> <p>11:00 <b>Yoga at CTK</b></p> <p>12:00 <b>Lunch***</b></p> <p>1:00 Tai Chi</p> <p>1:15 Games Day</p> 	<p><b>15</b></p> <p>10:00 <b>Meditation at CTK</b></p>  <p>10:30 Energy Focus Movement</p> <p>12:35 Zumba Gold</p>	<p><b>16</b></p> <p>11:00 <b>Yoga at CTK</b></p> <p>12:00 <b>Lunch***</b></p> <p>12:00 <b>SHINE***</b></p> <p>1:30 <b>KevTech Personalize Your Device***</b></p> 	<p><b>17</b></p> <p>9:00 Pilates</p> <p>10:30 Energy Focus Movement</p> <p>1:00 Mah Jongg Open Play</p> <p>1:30 <b>Red Sox 1975 History Presentation***</b></p> 	<p><b>18</b></p> <p><b>No 10am Wellness Brain &amp; Body class today.</b></p> <p>10:00 <b>Dull Men's Club</b></p>  <p>12:00 <b>Lunch &amp; Learn***</b></p> <p>1:00 Tune Timers</p>		
<p><b>21</b></p> <p>9:30 Coffee &amp; Coloring</p>  <p>11:00 Yoga</p> <p>12:00 <b>Lunch***</b></p> <p>1:00 Tai Chi</p> <p>1:15 Games Day</p>	<p><b>22</b></p> <p>10:30 Energy Focus Movement</p> <p>12:00 Zumba Gold</p> 	<p><b>23</b></p> <p>11:00 Yoga</p> <p>12:00 <b>Lunch***</b></p> <p>1:00 <b>Habitat for Humanity Home Repair Presentation***</b></p> 	<p><b>24</b></p> <p>9:00 Pilates</p> <p><b>9:30 Fall Fair Meeting All are Welcome</b></p> <p>10:30 Energy Focus Movement</p> <p>1:00 Mah Jongg Open Play</p>	<p><b>25</b></p> <p>10:00 Brain &amp; Body Wellness Exercise</p> <p>10:00 <b>Dull Men's Club</b></p> <p>1:00 Tune Timers</p>		
<p><b>28</b></p> <p>9:30 Coloring &amp; Coffee</p> <p>10:00 <b>Metrowest Meditation***</b></p> <p>11:00 <b>Yoga at CTK</b></p> <p>12:00 <b>Lunch***</b></p> <p>1:00 Tai Chi</p> <p>1:15 Games Day</p>	<p><b>29</b></p> <p>10:30 Energy Focus Movement</p> <p>12:35 Zumba Gold</p> <p>1:30 <b>History of American Cities Presentation***</b></p> 	<p><b>30</b></p> <p>11:00 <b>Yoga at CTK</b></p> <p>12:00 <b>Summer Sizzler Luncheon***</b></p>  <p>12:00 <b>SHINE***</b></p>	<p><b>31</b></p> <p>9:00 Pilates</p> <p>9:30 <b>Java with Jay***</b></p> <p>10:30 Energy Focus Movement</p> <p>1:00 Mah Jongg Open Play</p>	<p><b>***Means Reservations are Requested in Advance.</b></p> <p><b>Please call 508-429-0622</b></p>		

Summer Safety Month

AUGUST

International Peace Month

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><b>August</b></p>	<p><b>***Means Reservations are Requested in Advance.</b></p> <p><b>Please call 508-429-0622</b></p>		<p><b>1</b></p> <p>10:00 Brain &amp; Body Wellness Exercise</p>  <p>10:00 <b>Dull Men's Club</b> 1:00 Tune Timers</p>	
<p><b>4</b></p> <p>9:30 Coffee &amp; Coloring 11:00 <b>Yoga at CTK</b> 12:00 <b>Lunch***</b> 1:00 Tai Chi</p>  <p>1:15 Games Day</p>	<p><b>5</b></p> <p>10:00 <b>Writer's Group</b> 10:30 Energy Focus Movement 11:00 <b>Rainbow Coffee</b> 12:35 Zumba Gold 2:00 <b>Dementia Information Session</b> See Page 8</p>	<p><b>6</b></p> <p>11:00 <b>Yoga at CTK</b> 12:00 <b>Lunch***</b> 1:30pm <b>Long-Term Care, Life Insurance and the 4 Pillars for Retirement Presentation***</b> 1:30 <b>Memory Café</b></p> 	<p><b>7</b></p> <p>9:00 Pilates 10:30 Energy Focus Movement 1:00 Mah Jongg Open Play 1:00 <b>Saving Claire Presentation***</b></p> 	<p><b>8</b></p> <p>10:00 Brain &amp; Body Wellness Exercise 10:00 <b>Dull Men's Club</b> 1:00 Tune Timers</p> <p><b>NO Book Club in August but back next month!!</b></p>
<p><b>11</b></p> <p>9:30 Coffee &amp; Coloring 11:00 Yoga</p>  <p>12:00 <b>Lunch***</b> 100 Tai Chi 1:15 Games Day</p>	<p><b>12</b></p> <p>10:30 Energy Focus Movement</p>  <p>12:35 Zumba Gold</p>	<p><b>13</b></p> <p>10:00 <b>Hopkinton Audiology Cleaning***</b> 11:00 Yoga</p>  <p>12:00 <b>Lunch***</b> 12:00 <b>SHINE***</b></p>	<p><b>14</b></p> <p>9:00 Pilates 10:30 Energy Focus Movement 1:00 Mah Jongg Open Play 2:00 <b>Tech Essentials and Apps presentation***</b></p> 	<p><b>15</b></p> <p>10:00 Brain &amp; Body Wellness Exercise 10:00 <b>Dull Men's Club</b> 12:00 <b>Lunch &amp; Learn*** In Sherborn</b> 1:00 Tune Timers</p>
<p><b>18</b></p> <p>9:30 Coffee &amp; Coloring 11:00 Yoga 12:00 <b>Lunch***</b> 1:00 Tai Chi</p>  <p>1:15 Games Day</p>	<p><b>19</b></p> <p>10:30 Energy Focus Movement No Zumba 2:00 <b>Join us for an Ice Cream Social and Games***</b></p> 	<p><b>20</b></p> <p>11:00 Yoga 12:00 <b>Lunch***</b></p> 	<p><b>21</b></p> <p>9:00 Pilates</p>  <p>10:30 Energy Focus Mvt 1:00 Mah Jongg Open Play</p>	<p><b>22</b></p> <p>10:00 Brain &amp; Body Wellness Exercise 10:00 <b>Dull Men's Club</b> 1:00 Tune Timers</p> 
<p><b>25</b></p> <p>9:30 Coffee &amp; Coloring 10:00 <b>Metrowest Meditation***</b> 10:00 <b>Legal Advice via Phone***</b> 11:00 <b>Yoga Off-Site</b> 12:00 <b>Lunch***</b> 1:00 Tai Chi 1:15 Games Day</p>	<p><b>26</b></p> <p>10:30 Energy Focus Movement No Zumba</p> 	<p><b>27</b></p> <p>11:00 <b>Yoga Off-Site</b> 12:00 <b>Lunch***</b> 12:00 <b>SHINE***</b></p> 	<p><b>28</b></p> <p>9:00 Pilates 9:30 <b>Java with Jay***</b> 10:30 Energy Focus Movement 1:00 Mah Jongg Open Play</p>	<p><b>29</b></p> <p>10:00 Brain &amp; Body Wellness Exercise 10:00 <b>Dull Men's Club</b></p>  <p>1:00 Tune Timers</p>

## 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, LCSW - Outreach Coordinator, [outreach@holliston.k12.ma.us](mailto:outreach@holliston.k12.ma.us) or 508-429-0622 ext. 211

### SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)

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

Older adults making less than \$2,608 per month (before taxes) or \$3,525 for couples, may be eligible. The EBT card 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!

### Healthy Incentives Program

SNAP participants receive an extra **\$20 per month** from May through October to purchase *fresh produce* at participating farmer's markets as long as they have money on their EBT card. Once used at a participating vendor, the money is returned to your EBT card. Visit a participating farmer's market at the beginning of the month to maximize this benefit!

### MEMORY CAFÉ

A memory café is a place where people experiencing memory challenges and their care partners can connect with others for support and friendship in a judgment-free environment.

This monthly program is **FREE!** Coffee, juice & pastries provided.

**Wednesday, August 6**

**1:30-3:00pm**

**Celebrating the 1975 Boston Red Sox—perfect for baseball enthusiasts!**



### CARD TO CULTURE

The Department of Transitional Assistance (DTA) has partnered with Mass Cultural Council to offer free or discounted admissions to many of the Commonwealth's museums and cultural institutions through the EBT Card to Culture Program. Residents who receive DTA benefits can get discounted admission by showing their EBT card.

### FRIENDLY VISITOR PROGRAM VOLUNTEERS NEEDED!

Do you enjoy a good conversation? In just **one or two hours** per week visiting with an older adult you can:

**Relieve Loneliness  
Build Connection  
Share Interests**

**You** can make a difference!

Contact Springwell  
617-926-4100

[volunteer@springwell.com](mailto:volunteer@springwell.com)



### FARMER'S MARKET COUPONS One Coupon book per person

In mid-July, The Center receives a limited number of Farmer's Market coupons for adults aged 60+ who meet income eligibility requirements. These coupons can be used at several farmer's markets nearby including Holliston, Hopkinton, Millis, etc.

### BECOME A DEMENTIA FRIEND!

Join the global movement to change the way people think, act and talk about dementia.

Attend a one-hour information session designed to teach you how to become "dementia aware" During this session, you will learn five key messages about living with dementia and simple things you can do to make a difference in your community.

**Tuesday, August 5th at 2pm**

### SENIOR SAFE PROGRAM

This fire and fall prevention program provides grab bars and detectors for older adult residents. Thanks to a partnership with the Holliston Fire Department and the Massachusetts Senior SAFE grant, these items are provided and installed at **NO COST**.

**Excludes hard-wired detectors.**

### MEDICAL EQUIPMENT LOANS

The Center loans wheelchairs, walkers, rollators, shower seats, commodes, canes, crutches, toilet seats and bed rails. You can keep these items for as long as you need them.

Donated equipment must be **clean** and in **like-new condition**.

**All Equipment MUST be cleaned & sanitized prior to returning, please!**

## TRANSPORTATION, TRIPS AND MORE

The Center, in partnership with the MetroWest Regional Transit Authority (**MWRTA**), offers Holliston residents aged 55+ low-cost, safe and reliable 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 cancellations may result in suspension of services.**



☞ **ONE WAY fares are: \$1.50 In-Town | \$2.50 Out-of-Town | \$1 To The Center**

### Monday and Wednesday

Join us for a healthy, tasty lunch  
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, lol...

### Summer Sizzler Luncheon

Wednesday, July 30 from 12 to 2pm



Summer is all about the colors in bloom so come in Hawaiian themed or bright colored attire like a flowered shirt, pants, dress or perhaps a Hawaiian Lei.

**Entertainment:** Liz Spencer: singer, songwriter, and seasoned performer from the Boston area with a deep passion for early rock and roll. Having grown up listening almost exclusively to early rock and roll on vinyl, Liz has an extensive repertoire and loves taking requests, engaging audiences with stories about the songs and artists, and encouraging listeners to share their own memories.

**Menu:** Hamburgers, Cheeseburgers, Hot Dogs, Cole Slaw, Potato Salad, Garden Salad, and Dessert

The cost is \$8



Please sign up by July 23 by calling 508-429-0622



### SpOT on Therapy

Saving Claire is a groundbreaking documentary that follows Claire, the chaos that unfolds after her fall, and the people who step in to help prevent the next one.

This film explores the complex nature of aging, the challenges of change, and the attitudes that can contribute to a fall. Join SpOT On Therapy for a screening of the 30-minute documentary and an engaging discussion to empower the community to take at least one step to reduce fall risk.

Presentation followed by self-screening in a group format, paired with a reflection, and post-documentary discussion.

Please Register at 508-429-0622

### Saving Claire:

Small Actions, big impacts and why fall prevention matters for all of us!

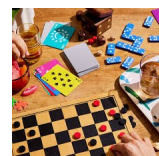
Thursday, August 7  
1 to 2:30pm



Join us on Tuesday, August 19 for ice cream, conversation and games.

The festivities start at 2pm.

There will be a variety of ice cream, frozen yogurt, sherbet and toppings for you to make a special treat.



Please Register at 508-429-0622

## SERVICES



**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, July 31 at 9:30am:**  
Probate verses Estate Settlement:  
What is the difference?

**Thursday, August 28 at 9:30am:**  
Do I need a trust if I do not have a ton  
of money? Is a will enough?

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



### SHINE

Are you currently enrolled in a Drug Plan or Medicare Advantage Plan that no longer meets your needs? Perhaps you've been prescribed a new prescription that isn't covered, or your primary care provider is no longer in the network? While we are outside the Open Enrollment Period, the good news is that you may be eligible for a Special Enrollment period through the Prescription Advantage program. To be eligible for Prescription Advantage an individual can make no more than \$6,521 per month, and a couple can make no more than \$8,813 per month.

Remember SHINE counselors are available year-round to assist with all of your Medicare needs including screening for public assistance, reviewing claims, and much more. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs.

To schedule a SHINE appointment, call your local senior center. For other SHINE related matters, call 1-800-243-4636. Once you get the SHINE answering machine, leave your name, number and town. A volunteer will call you back, as soon as possible.

**Call The Center for in person SHINE appointments 508-429-0622**



### FREE Notary Services

Shelly Schofield is providing notary services at The Center. Please call Laura Parmensi, the Assistant Director to make an appointment  
**508-429-0622 or email her at  
parmensil@holliston.k12.ma.us**



### Free hearing aid cleanings at The 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, July 9 & August 13  
at 10am Please 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 navigate important life transitions.

**Please Register at 508-429-0622**



### Phone Advice from Attorney Bergeron August 25

Attorney Bergeron provides free 20-minute legal advice **via phone** on the 4th Monday of the month from  
10am to 12pm.

**Please Registration required  
at 508-429-0622**

## SPECIAL PROGRAMS AND ANNOUNCEMENTS

### Join us on Wednesday, August 6 at 1:30pm for a Long-term Care and Life Insurance Presentation

Matt Yanich, Insurance Consultant, Crump Life Insurance Services



Protecting assets in the event of an unforeseen need for extended care with Long Term Care Insurance (LTCI).

Legacy planning with efficient wealth transfer strategies, particularly targeted at folks who have a significant portion of their wealth in qualified assets.

The importance of regularly reviewing existing life insurance (and other) policies to ensure coverage is aligned with current needs and goals.

### Also, The Four Pillars of New Retirement Presentation

Todd Miller, CEPA®, CPRS™



An in-depth look at "The Four Pillars of the New Retirement" (health, family, purpose and finances). Attendees will be empowered to think through their own circumstances, goals and challenges so that they can take action today that impacts their quality of life in retirement.

**Please Register at 508-429-0622**

### Dementia Friendly Lunch and Learn

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

### Friday, July 18 from 12 to 1:15pm "Art Workshop"



Nancy Marks is a local artist and workshop facilitator who guides participants in creating an abstract collage. Her art workshops tackle feelings of grief and more. Because many who attend have little to no art experience, workshops are designed for participants to feel encouraged, supported, and successful.

All materials are provided.

### No Lunch and Learn in August

**RSVP required please call 508-429-0622 to register.**

### Location: Sherborn Town Hall 2<sup>nd</sup> floor 19 Washington Street



The Center runs successfully because of dedicated, caring, volunteers.

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

If you would like to help the older adult community please contact:

**Laura Parmensi at [parmensil@holliston.k12.ma.us](mailto:parmensil@holliston.k12.ma.us) 508-429-0622 at Ext 218**

**All volunteers must pass a CORI criminal background check and complete a state required LGBTQ+ educational training.**

### Tech Essentials for Older Adults

Thursday, August 14 at 2pm



Designed specifically for older adults, this session simplifies the internet and introduces the apps essential for daily life. From shopping on Amazon to staying connected on social media and exploring the life-changing possibilities of artificial intelligence, we've got you covered. You'll also learn practical skills, including understanding cookies, creating strong passwords, and staying safe online. With a focus on safety and convenience, this session ensures you'll leave more confident in navigating the digital world. Plenty of time is set aside for questions and answers.

**Please Register at 508-429-0622**

## SPECIAL PROGRAMS

### Personalizing Your iPad or iPhone



In this class, we learn about different ways to customize the iPhone and iPad to suit your preferences better. We'll cover reorganizing our Home Screens, creating folders, changing the appearance of our displays, and changing the image used for the wallpapers and Lock Screens.

**Wednesday, July 16  
at 1:30pm**

**Please Register at 508-429-0622**



### Home Repair Program Presentation

**Wednesday, July 23 at 1pm**



The Home Repair Program aims to assist low - to moderate-income homeowners—including veterans and the elderly—who are struggling to maintain their homes due to age, disability, or family circumstances. The focus is on health, life, safety, and code issues to help families reclaim their homes with pride and dignity, avoiding the uncertainty and expense of moving. [habitatmwgw.org](http://habitatmwgw.org)

While our Home Repair Program does require repayment, our primary goal is to ensure the terms are affordable and manageable for each homeowner. Additionally, some veterans may qualify for funding that covers the full cost of their project.

**Join us to find out more and ask questions about eligibility criteria, income requirements, need requirements, and more.**

**Eligible repairs are those that protect the health and safety of occupants or address critical weatherization problems.**

**Please Register at 508-429-0622**



### CELEBRATING THE 1975 BOSTON RED SOX

**A Season to remember!**

**Thursday, July 17 at 1:30pm**

The 1975 Red Sox were one of the most exciting teams in the club's colorful history! They surprised everyone by winning the American League pennant over Champion Oakland A's. And then they surprised the nation by heavily-favored Big-Red Cincinnati to seven games in what many consider to be the greatest World Series ever.



In his presentation, Herb Crehan who is in his 30<sup>th</sup> season writing and speaking for the Red Sox, will remind us of the glory of "Gold Dust Twins" Jim Rice and Fred Lynn, plus Luis Tiant winning 18 games AND welcoming his parents to the US from Cuba—and many, many more exciting highlights from that amazing season.

It was truly a season to remember and Herb Crehan will help us to remember it well!!

**Please Register at 508-429-0622**



### The Artifactual Scholar, G. A. Di Gregorio's brings the past to you

Since 2013, the Artifactual Scholar has been delivering entertaining, educational presentations and lectures on a variety of historical topics.

Join us for this great presentation sponsored by The Timothy Daniel's House.



### The History of American Cities on Tuesday, July 29 at 1:30pm



**Please Register at 508-429-0622**

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

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### **COUNCIL ON AGING (COA)**

#### **Board Officers**

Vacant, Chair  
Lynne Bajdek Vice-chair  
Janet Alexander, Secretary  
Vacant, Treasurer

#### **Members**

Peter Eagan, Georgia  
Papavasiliou, and  
Stacey Raffi

The Council on Aging presently has two open seats on the Council. Additionally, two associate member (non-voting) seats are open. If interested, please contact Lynne Bajdek ([bajdek@verizon.net](mailto:bajdek@verizon.net)).

**Meetings are held the second Wednesday of the month at 1:00pm. July and August as needed.**

**The Senior Support Foundation (SSF) are volunteers who raise funds to help support the seniors and the center.**

Funds raised go directly to services and programs for the Holliston older adult community. Donations should be made out to SSF and can be mailed or dropped off at The Center. The SSF meetings are on the third Thursday of the month at 9:30am at The Center. All are welcome to attend.

#### **SSF Board Members**

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

**No Meetings in July & August**

### **THE CENTER STAFF**

Lisa Borchetta, Director  
x212 | [borchettal@holliston.k12.ma.us](mailto:borchettal@holliston.k12.ma.us)

Laura Parmensi, Assistant Director  
x218 | [parmensil@holliston.k12.ma.us](mailto:parmensil@holliston.k12.ma.us)

Debbie Dupuis, Administrative Assistant  
x216 | [dupuisd@holliston.k12.ma.us](mailto:dupuisd@holliston.k12.ma.us)

Cynthia Listewnik, Outreach Coordinator  
x211 | [outreach@holliston.k12.ma.us](mailto:outreach@holliston.k12.ma.us)

Van Drivers: Debbie Dupuis, Ron Turcotte, Bruce Connolly, Stephen Whitermore, Scott Babitts and Rick McLaughlin

### **Essential Resources & Information**

**Holliston Pantry Shelf: 508-429-5392**

**SNAP - Nutritional Assistance: 877-382-2363**

**Massachusetts Behavioral Helpline: 833-773-2445**

**Call2Talk Mental Health Hotline: Dial 988**

**Essential Community Resources: Dial 211**

**SAGE LGBTQ+ Hotline: 877-360-5428**

**Report Elder Abuse Anonymously: 800-922-2275**

**Domestic Violence: 508-626-8686**

**Alzheimer's Association Helpline: 800-272-3900**

**Poison Control: 800-222-1222**