

THE CENTER

150 Gouling Street
Holliston, MA 01746

508-429-0622

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.

September & October 2025



Welcoming, Friendly & Safe for ALL.



IMPORTANT DATES

THE CENTER WILL BE CLOSED ON MONDAY, SEPTEMBER 1 AND MONDAY, OCTOBER 13

Please note: During inclement weather, please check the town website and /or The Center alerts to see if The Center is closed.

Stay tuned to local news!

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

Director's Message

We welcome autumn with its cooler days, vibrant colors and apple pie! And on October 9, 2025, we welcome and acknowledge: **"Ageism Awareness Day!"**

Now, some of you may be thinking, "I've never heard of it, what does that even mean and why would it affect me?" But the truth is... ageism affects all of us, though primarily those at the younger end of the age spectrum, and in particular, those at the older end. While not true in all cultures, in the United States older adults often bear the brunt of the most negative and harmful stereotypes based on age alone, it is something we should all be aware. The term ageism was coined by Dr. Robert Butler, the National Institute on Aging's first Director. Butler said ageism can manifest itself in three distinct ways, each of which negatively impacts older adults: 1) Negative attitudes towards old age and the aging process, 2) Discriminatory practices against older people, and 3) Institutional practices and policies that perpetuate limiting stereotypes about older people.

(Wikipedia) Today, the term ageism is described as: stereotyping, prejudice, and discrimination based on age, directed toward; predominantly older, but also, younger members of society. It effects how we think, feel, and act toward others and ourselves. Recognizing the different forms of ageism helps us to challenge these harmful ideas and create a more inclusive society. After all, life has many seasons and most folks want to enjoy a full, long life which includes all of its stages and recognizing that each chapter presents its own unique, challenging, exciting, trying and rewarding components.

So why not make it all that it could be by recognizing that all of our chapters will have elements we like and others we do not? You are valued, no matter your age, so challenge those ageist thoughts, comments, "jokes" and beliefs by focusing on the contributions, impact and potential that you possess.

"Fear of dying is human. Fear of aging is cultural."

Ashton Applewhite, author of This Chair Rocks: A Manifesto Against Ageism

~ Lisa Borchetta, Director -The Center

ANNUAL FALL FAIR

AND GOOD AS NEW GARAGE SALE!!



Saturday, September 6,
from 9:00 to 3:00pm
(Rain or Shine)

Although most folks think of the Fall Fair as The Center's Fair, it is actually run by our Senior Support Foundation (SSF). The Fair is the primary source of revenue for the SSF. The SSF funds: classes, monthly breakfasts and special events. The Fair offers something for everyone: yard sale, baked goods, books, art and frames, linens, raffle items, and so much more! It is a great event for the whole family. **100%** of funds raised by the SSF at the Fall Fair along with participant donations, support the programming at The Center and the older adults of Holliston.

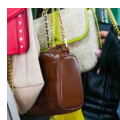
Food will be available for purchase



What you will find at the sale:



- Small Household Items
- Jewelry
- Books, DVDs
- Linens - Homemade Crafts - Framed Art - Raffle -Baked Goods -Silent Auction - Refreshments -Good-As-New-Shoppe -One-of-a-kind Treasures -Purses and Suitcases



Please join us on September 6th for a fun filled day, supporting your neighbors!

ANNOUNCEMENTS

Join us for two special evening programs this Fall

September 25 from 4pm to 6pm at The Center and October 7 from 6pm to 7:30pm at Upper Town Hall

GENERATIONS OVER DINNER

Massachusetts Good Neighbor Day is Sunday, September 28

<https://www.nationalgoodneighborday.com>



Join The Center's staff, volunteers and community members of all ages for a community pot luck dinner at The Center (150 Goulding St).

Thursday, September 25 from 4pm to 6pm



Please bring a salad, appetizer or casserole to share with others.

Ending loneliness starts with making connections.

RSVP by Thursday, September 18 by calling 508-429-0622

"Join or Die"

The Parks & Recreation Department and The Center (COA) bring to the Holliston community the award winning documentary.



Join or Die is a film about why you should join a club — and why the fate of America depends on it. In this feature documentary, follow the half-century story of America's civic engagement unraveling through the journey of legendary social scientist Robert Putnam, whose groundbreaking "Bowling Alone" research into America's decades-long decline in community connections could hold the answers to our democracy's present crisis.

Flanked by influential fans and scholars — from Hillary Clinton, Pete Buttigieg, and Surgeon General Vivek Murthy to Eddie Glaude Jr., Raj Chetty, and Priya Parker — as well as inspiring groups building community in neighborhoods across the country, join Robert Putnam as he explores three urgent civic questions: *What makes democracy work? Why is American democracy in crisis? And, most importantly... What can we do about it?*



Produced and Directed by Rebecca Davis and Pete Davis

Tuesday, October 7 from 6 to 7:30pm

Location: Upper Town Hall

Please RSVP at 508-429-0622



Senior Support Foundation (SSF) a 501 (c) (3)

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 subsidized 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 assist 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

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

THANK YOU!



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

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

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.



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

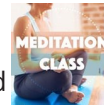
This class focuses your energy on Balance-physical and energetic Strength-maintain or regain; Flexibility-from surviving to thriving. Linda will help you customize your moves to match your needs.

Yoga with Roberta **MON & WED 11am-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 10/20**



Meditation with Roberta **Third TUESDAY of the month**

10am This class is good for clarity and focus. Guided meditations to help you relax and get a good night's sleep.



Zumba Gold with Lourdes **TUESDAY 12pm**

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!



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.

***No programs 9/1 to 9/5 due to the Saturday 9/6 Annual Fall Fair 9am to 3pm.**

\$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 for 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!

RECURRING PROGRAMS



Aging Well Advocates

On the 2nd Thursday of the month starting at 9:30 Daniela Masters, will be available to answer your questions—one-on-one. Whether you're navigating care for a loved one or planning ahead for yourself, this is a great opportunity to learn what goes into creating a personalized aging roadmap.

Billiard Room

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

Coffee and Coloring

Mondays 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.

No Coffee Hour 9/2/25

Games Day Mondays 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 dining 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 for conversation, socialization, enjoy a snack & coffee



Trailblazer Club

Co-Ed Group for Active Older Adults, that originally started at the Southborough Senior Center. These activities will range from low activity to high activity and everywhere in between. Monthly meetings are on the first Thursday of the month at 2:30pm at The Center. Please join us to learn more about the group.



Exception for September, meeting on 9/11 & Oct on 10/2.

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! **No Coffee Hour 9/2/25**

SHINE confidential counseling on all aspects of Medicare and related health insurance programs. Medicare Open enrollment is Oct 15 to Dec 7.



Tune Timers Band

Fridays, 1:00-3:30pm listen to the Big Band music of yesteryear and enjoy dancing, singing and socializing.

Veterans

Kathy Lang (Army Veteran)
Director of Veterans' Services
MetroWest District
Serving the Veterans of Medway, Hopkinton, Holliston & Ashland
klang@metrowestvets.com
508-429-0629



SHOPS, GROUPS, TRIPS AND MORE



Writer's Group

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 connect with others through written words.

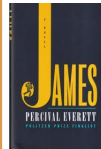
September 2 ~ No Writer's Group Fall Fair Prep
October 7 ~ What gives you the most inner peace?

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

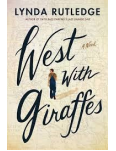
BOOK CLUB

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!

September 12 ~ West with Giraffes
 by Lynda Rutledge



October 10 ~ James by Percival Everett

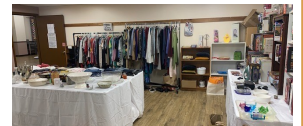


Call the Holliston Library at 508-429-0617 if you need help getting these books.



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 funding 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 funding 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

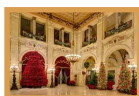


Fall Foliage Day Trip 10/8

Christmas w/Barbra and Tony 12/10

Newport Christmas 12/10

Overnight Gateway



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 are available. Call 508-429-0622 to inquire.

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
508-429-0622 at Ext 218

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

National Senior Center Month **SEPTEMBER** Fall Prevention Awareness

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>1</p> <p>Closed Holiday</p> 	<p>2</p> <p>Center Open 9-4pm</p> <p>No Programs or Lunch for Fall Fair Preparations</p>	<p>3</p> <p>Center Open 9-4pm</p> <p>No Programs or Lunch for Fall Fair Preparations</p>	<p>4</p> <p>Center Open 9-4pm</p> <p>No Programs or Lunch for Fall Fair Preparations</p>	<p>5</p> <p>Center Open 9-4pm</p> <p>No Programs</p> <p>Annual Fall Fair & Good as New Garage Sale on Saturday, Sept 6 from 9 to 3pm Rain or Shine</p>	
<p>8</p> <p>9:30 Coffee & Coloring 11:00 Yoga 12:00 Lunch*** 1:00 Tai Chi 1:15 Games Day</p> 	<p>9</p> <p>9:00 Monthly Breakfast*** Vets Eat FREE 10:00 Legal Advice with Marsden Law*** 10:30 Energy Focus Movement 12:00 Zumba Gold</p> 	<p>10</p> <p>9:30 Walking Fitness 10:00 Hopkinton Audiology Cleaning*** 11:00 Yoga 12:00 Lunch*** 12:00 SHINE***  1:00 COA Meeting</p>	<p>11</p> <p>9:00 Pilates 9:30 Ageing Well Advocates Ask a Care Manager*** 10:30 Energy Focus Movement 1:00 Mah Jongg Open Play 2:30 Trailblazer Meeting</p>	<p>12</p> <p>10:00 Brain & Body Wellness Exercise 10:00 Dull Men's Club 1:00 Tune Timers 1:30 Book Club</p> 	
<p>15</p> <p>9:30 Coffee & Coloring 11:00 Yoga 12:00 Lunch*** 1:00 Tai Chi 1:15 Games Day</p> 	<p>16</p> <p>10:00 Meditation 10:30 Energy Focus Movement 12:00 Zumba Gold 1:30 Senior Living and Home Care (understanding your options with clarity)***</p>	<p>17</p> <p>9:30 Walking Fitness 11:00 Yoga 12:00 Lunch*** 1:00 Solutions for Cutting Prescription Medication Costs***</p> 	<p>18</p> <p>9:00 Pilates 9:30 SSF Meeting 10:30 Energy Focus Movement</p>  <p>1:00 Mah Jongg Open Play</p>	<p>19</p> <p>10:00 Brain & Body Wellness Exercise 10:00 Dull Men's Club </p> <p>12:00 Lunch & Learn*** In Sherborn 1:00 Tune Timers</p>	
<p>22</p> <p>9:30 Coffee & Coloring 11:00 Yoga 12:00 Lunch*** 1:00 Tai Chi 1:15 Games Day</p> 	<p>23</p> <p>10:30 Energy Focus Movement 12:00 Zumba Gold</p> 	<p>24</p> <p>9:30 Walking Fitness 11:00 Yoga Joni Subbing 12:00 Lunch*** 12:00 SHINE***  1:00 MassEDP Phone presentation***</p> 	<p>25</p> <p>9:00 Pilates 9:30 Java with Jay*** 10:30 Energy Focus Movement 1:00 Mah Jongg Open Play</p> <p>4:00 to 6:00pm Generations over Dinner*** (Page 2)</p>	<p>26</p> <p>10:00 Brain & Body Wellness Exercise</p>  <p>10:00 Dull Men's Club 1:00 Tune Timers</p>	
<p>29</p> <p>9:30 Coloring & Coffee 11:00 Yoga 12:00 Lunch*** 1:00 Tai Chi 1:15 Games Day</p> 	<p>30</p> <p>10:30 Energy Focus Movement 12:00 Zumba Gold 1:00 Expressive Art Therapy***</p> 	<p>***Means Reservations are Requested in Advance. Please call 508-429-0622</p>			<p>Massachusetts Good Neighbor Day Toolkit</p> <p>Join us in taking action to build stronger connections within communities across the Commonwealth.</p> <p>September 26-28, 2025</p>   

 Massachusetts Coalition to Build Community & End Loneliness

Ageism Awareness Month **OCTOBER** LGBTQ+ History Month

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

	<p>***Means Reservations are Requested in Advance. Please call 508-429-0622</p>	<p>1 9:30 Walking Fitness 10:00 Hopkinton Audiology Cleaning*** 11:00 Yoga 12:00 Lunch*** 1:30 Memory Café</p> 	<p>2 9:00 Pilates  10:30 Energy Focus Movement 1:00 Mah Jongg Open Play 2:30 Trailblazer Meeting</p>	<p>3 10:00 Brain & Body Wellness Exercise  10:00 Dull Men's Club 1:00 Tune Timers</p>
<p>6 9:30 Coffee & Coloring 11:00 Yoga 12:00 Lunch*** 1:00 Tai Chi 1:15 Games Day</p> 	<p>7 10:00 Writer's Group 10:00 Coffee with HPD  10:30 Energy Focus Movement 11:00 Rainbow Coffee 12:00 Zumba Gold 6:00pm Join or Die at the Town Hall***</p>	<p>8 9:30 Walking Fitness 11:00 Yoga 12:00 Lunch*** 12:00 SHINE*** 1:00 Springwell Overview Treats Provided***  1:00 COA Meeting</p>	<p>9 9:00 Pilates 9:30 Ageing Well Advocates Ask a Care Manager*** 10:30 Energy Focus Movement 1:00 Mah Jongg Ageism Awareness Day</p>	<p>10 10:00 Brain & Body Wellness Exercise 10:00 Dull Men's Club 1:00 Tune Timers 1:30 Book Club</p> 
<p>13 Closed Holiday</p> 	<p>14 9:00 Monthly Breakfast*** Vets Eat FREE 10:00 Legal Advice with Marsden Law*** 10:30 Energy Focus Movement 12:00 Zumba Gold</p>	<p>15 9:30 Walking Fitness 11:00 Yoga 12:00 Lunch***  12:00 SHINE*** 1:00 Care Continuum Presentation***</p>  <p><small>Daniela Masters, MSW, LICSW, CMC Founder, Aging Well Advocates, LLC. Aging Life Care Advanced Professional® Office Phone: 774.277.0367, ext. 101 Direct Phone/Fax: 774.448.2928 www.agingwelladvocates.com</small></p> 	<p>16 9:00 Pilates 9:30 SSF Meeting 10:30 Energy Focus Movement 1:00 Mah Jongg Open Play 2:00 Charles River Watershed Presentation (flood Preparedness)*** </p>	<p>17 10:00 Brain & Body Wellness Exercise 10:00 Dull Men's Club  1:00 Tune Timers </p>
<p>20 9:30 Coffee & Coloring No Yoga Class Today 12:00 Lunch*** 1:00 Tai Chi 1:15 Games Day</p> 	<p>21 10:00 Meditation 10:30 Energy Focus Movement 12:00 Zumba Gold 12:00 Movie & Pizza for LGBTQ+ History Month*** (see page 12)</p> 	<p>22 9:30 Walking Fitness 11:00 Yoga Joni Subbing 12:00 Halloween Luncheon*** 12:00 SHINE***</p> 	<p>23 9:00 Pilates  9:30 Java with Jay*** 10:30 Energy Focus Movement 1:00 Mah Jongg Open Play </p>	<p>24 10:00 Brain & Body Wellness Exercise 10:00 Dull Men's Club 12:00 Lunch & Learn*** In Sherborn 1:00 Tune Timers </p>
<p>27 9:30 Coffee & Coloring 10:00 Metrowest Mediation*** 11:00 Yoga 12:00 Lunch*** 1:00 Tai Chi 1:15 Games Day</p>	<p>28 10:30 Energy Focus Movement 12:00 Zumba Gold 1:00 Expressive Art Therapy*** 2:00 Dementia Info Session</p> 	<p>29 9:30 Walking Fitness 11:00 Yoga 12:00 Lunch***  12:00 SHINE***</p> 	<p>30 9:00 Pilates  10:30 Energy Focus Movement 1:00 Mah Jongg Open Play</p>	<p>31 10:00 Brain & Body Wellness Exercise  10:00 Dull Men's Club 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 or 508-429-0622 ext. 211

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

Healthy Incentives Program

SNAP participants receive an extra **\$40 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, friendship and fun in a judgment-free environment.

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

Wednesday, October 1

1:30-3:00pm

Steve Rudolph

**Musical Hits of the
40's, 50's & 60's**



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, October 28 at 2pm

FUEL ASSISTANCE PROGRAM

The heating season is November 1 through April 30.

Residents are encouraged to **make an appointment** to apply. Please call ahead to receive a checklist to determine what supporting documentation is required. SMOC processes these applications and determines approval for this program.

FY2025 Income Eligibility:

\$49,196 for 1- person

\$64,333 for 2- people

NIGHT VISION GLASSES \$10

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



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. EBT cards work just like a debit card at the grocery store and online. The average monthly benefit for Holliston participants is \$205 per month. Sign up today!

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, FOOD 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.**



Currently ALL RIDES ARE FREE, funded by a state grant!!

Join us for a tasty lunch any Mon or Wed 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, thank you!

Monthly Breakfast is back on the 2nd Tuesday of the month at 9am

Join us for a delicious breakfast each month prepared by wonderful community volunteers.

September 9 & October 14

Each breakfast is \$5.00.



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

Advanced Registration Required 508-429-0622

Halloween Luncheon Wednesday, October 22 from 12 to 2pm



Entertainment: DJ Jeff Jarvis will delight the community with fun, spooky Halloween music and take your requests.



Join us for our annual Halloween Spooktacular and enjoy a boo-tiful hot lunch, served up by the Executive Chef at Mary Ann Morse Healthcare in Natick

Cost is \$6 for the luncheon Please RSVP by October 15 by calling 508-429-0622

AARP® AARP Tax-Aide Program Looking for Volunteers

The AARP Foundation Tax-Aide program is looking for volunteers to help seniors and people with low to moderate incomes of any age file their tax returns. Previous tax prep and accounting experience is not required. Many of our volunteers are former teachers. You will receive the training needed. Internet access and basic computer skills are necessary.

Tax-Aide volunteers work in teams of three to six during February and March at local senior centers and libraries in Bellingham, Franklin, Holliston, Hopedale, Hopkinton, Medway, Milford, and Upton.



Volunteers can work one, two or more days a week depending on their schedules. Training is in November, December and January and is primarily online.

In addition to tax preparation, volunteers are needed in administrative and technical roles.

Bilingual speakers are also needed.

For more information, contact Kirk Joslin at KirkNJoslin@gmail.com

Join us for a presentation from the Mass Equipment Distribution Program (MassEDP)

Wednesday, September 24 at 1pm

If you have a disability, the MassEDP maybe able to provide you with a specialized telephone. Depending on your income level, these telephones maybe free or at a reduced cost. MassEDP provides landline phones or wireless phones. Please note, for the wireless phones MassEDP DOES NOT provide the phone's service plan.

Glen Schultz, the Field Service Advisor from the MassEDP will bring clarity to the program and answer your questions.

Please Register at 508-429-0622

SERVICES



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



Medicare Open Enrollment

SHINE can help!

Call soon to schedule your appointment for October 15 through December 7.

Medicare Open Enrollment is quickly approaching. Premiums, deductibles, co-pays, and medications covered by your plan can change significantly every year! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/ PPO), come meet with a SHINE counselor to review any changes and make sure you're in the right plan for 2026. Last year all appointments were filled by the first week of November, so act fast!

Trained SHINE (Serving the Health Insurance Needs of Everyone...on Medicare) volunteers offer free, confidential and unbiased counseling on Medicare options. For other SHINE related matters, call 781-453-8076.

Once you get the SHINE voicemail leave your name, town, and number. A volunteer will call you back, as soon as possible.

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

METROWEST MEDIATION

FREE Service

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 community members 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 reach out to Li Morrison for an appointment at li@metrowestmediationservices.org or call 508-960-9336

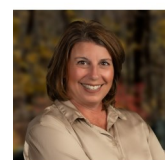
Daniela Masters founder of Aging Well Advocates, LLC

**"Ask a Care Manager"
Personal Guidance for Your Aging Journey**

Daniela Masters, will be available to answer your questions—one-on-one. Join us **every 2nd Thursday of the month from 9:30–10:30 AM** for a complimentary 15-minute session with Daniela. Whether you're navigating care for a loved one or planning ahead for yourself, this is a great opportunity to learn what goes into creating a personalized aging roadmap.

Spots are limited! Reserve your session at the reception desk today.

Register at 508-429-0622



Daniela Masters, MSW, LICSW, CMC
Founder, Aging Well Advocates, LLC.
Aging Life Care Advanced Professional®
Office Phone: 774.277.0367, ext. 101
Direct Phone/Fax: 774.448.2928
www.agingwelladvocates.com
Aging Well ADVOCATES
Empowering Aging with a Supportive Hand

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, Sept 10 & October 1 at 10am Please Register at 508-429-0622



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, September 25 at 9:30am:
Probate versus Estate Settlement:
What is the difference?

Thursday, October 23 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

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). The appointments are complimentary 30-minute consultations in person at The Center.

**Tuesday, September 9 and October 14
Register at 508-429-0622**

SPECIAL PROGRAMS



Expressive Art Therapy Group

Facilitated by Franci DuMar of Clear Guidance LLC.

Location: "The Center" in Holliston at 150 Goulding Street

Date: September 30 and October 28 from 1 to 2pm



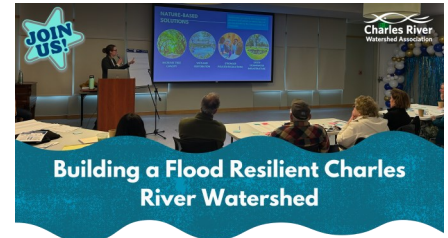
Expressive Art Therapy is an interactive program for adults with cognitive decline and their care partners. This program will run monthly and include different creative mediums offering participants a creative outlet for self-expression, emotional exploration, and social connection. Studies have proven that expressive arts help older adults and those with dementia address and process symptoms like anxiety, agitation, and depression - a powerful supplement to medical care for those with mental health and memory issues.



Not sure if this program benefits your loved one? **Try it!**

Register for free through the Sherborn Council on Aging at 508-651-7858, or email us at coa@sherbornma.org.

Reach out if you require an accommodation to participate. This program is made possible through a grant from the Mass Councils on Aging, in collaboration with the Sherborn and Holliston Councils on Aging.



Building a Flood Resilient Charles River Watershed

Join us to learn how flooding affects our community and hear from Charles River Watershed Association (CRWA) on how nature-based solutions like planting trees, removing pavement, and creating rain gardens can help protect Holliston.

Get tips on preparing for extreme weather, connect with neighbors to share your flood solution ideas, and inform local leaders on how to support our community

Thursday, October 16, at 2 PM

Register at 508-429-0622



Dementia Friendly FREE 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.

Location: Sherborn Town Hall 2nd floor 19 Washington Street

FRIDAY, September 19th The Nature Connection: Taylor Egan of Nature Connection offers slideshows of nature explorations and discusses how exploring nature has wonderful benefits for those with memory loss. Nature Connections offers therapeutic nature programs on-site to youth, elders, and individuals with disabilities. Join us in bringing the natural world indoors to those who need it most.



Friday, October 24th Reading2Connect: Reading and stories stimulate the mind, foster autonomy, and enable emotional connection - addressing the risks of boredom, helplessness, and isolation so prevalent in with older adults living with memory loss. Learn from the experts at Reading2Connect how to foster reading connections.

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

Contact the Sherborn Council on Aging at 508-651-7858 or email coa@sherbornma.org if you have any questions or would like to request an accommodation to participate.

SPECIAL PROGRAMS



DID YOU KNOW-? October is LGBTQIA+ History Month

Join Julie Nowak, Springwell's LGBTQIA+ Initiative Coordinator, for pizza, a movie and post movie conversation on Tuesday, October 21 from 12 to 2:30pm.

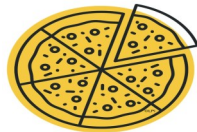
Movie "Rustin"



Rustin illuminates the work of civil rights activist / rainbow icon, Bayard Rustin who was awarded the Presidential Medal of Freedom as the key organizer of the March on Washington for Jobs and Freedom where **Dr. Martin Luther King, Jr. delivered his infamous "I Have a Dream" speech.**

Please Register at 508-429-0622

Movie is 1 hour 47 minutes and is rated PG13.



**Aging Life Care Continuum Presentation
Wednesday, October 15 at 1pm**

Daniela Masters, Founder of Aging Well Advocates, a trusted local aging life care management firm.

The Aging Life Care Continuum, a thoughtful approach to supporting older adults as their needs change over time. This model helps individuals and families navigate the transition between levels of care-from independent living to assisted living, memory care, and skilled nursing-with clarity and confidence.

The goal? Seamless, person-centered support that evolves with the individual while minimizing unnecessary relocations or disruptions. Whether you're planning for the future or currently supporting someone, this session will provide valuable insight into how to age well-with continuity, compassion and expert guidance.

Please Register at 508-429-0622



Daniela Masters, MSW, LICSW, CMC
 Founder, Aging Well Advocates, LLC.
 Aging Life Care Advanced Professional®
 Office Phone: 774.277.0367, ext. 101
 Direct Phone/Fax: 774.448.2928
 www.agingwelladvocates.com

 Navigating Aging with a Supportive Hand



Larry Poirier, Springwell's Outreach Manager is hosting a Springwell agency overview presentation

Springwell is the local Area Agency on Aging appointed by the Massachusetts Executive Office of Aging & Independence (AGE) for the residents of Holliston. Springwell's goal is to provide information, services and support in order to assist older adults in the securing and maintaining independent living in a home environment. The presentation will give a detailed overview of all the services that Springwell provides.

**Beverages and Treats Provided
Please join us on Wednesday,
October 8 at 1:00PM.**

Please Register at 508-429-0622

**Senior Living and Home Care:
Understanding Your Options
with Clarity**

**Tuesday, September 16 at
1:30pm**

Join us for an informational session on navigating senior living and home care options, followed by refreshments.

Deb Tishler, RN Director of Business Development at Assisted Living Locators, will help bring clarity to independent living options, assisted living options and home care options.

assistedlivinglocators.com/care-advisor/metro-west-massachusetts

Please Register at 508-429-0622



**METROWEST MEDS
Solutions for Cutting
Prescription Drug Costs
Wednesday,
September 17 at 1pm**



**EDWARD M.
KENNEDY
COMMUNITY
HEALTH CENTER**

Join Susan Moriarty, Program Director of Metrowest Meds from Edward M. Kennedy Community Health Center, to discuss ways to reduce your out-of-pocket costs on prescription drugs.

Topics Include:

- Pharmaceutical company free medication programs**
- Discount generic drug options**
- Pharmacy assistance programs**
- Co-pay assistance**



Please Register at 508-429-0622

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

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Cynthia Listewnik, Outreach Coordinator
x211 | outreach@holliston.k12.ma.us

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

The Senior Support Foundation (SSF) a 501 (c) (3) group of volunteers that 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.

SSF Board Members

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

**Meetings are on the 3rd
Thursday of each month
at 9:30am. All are
welcomed to attend.**

COUNCIL ON AGING (COA)

Board Officers

Lynne Bajdek, Chair
Stacey Raffi, Vice-chair
Janet Alexander, Secretary
Peter Eagan, Treasurer

Members

Georgia Papavasiliou,
Vacant
Vacant
Associate Members
Ellie Stackpole
Sharon Thornton

**Two member seats are open. If interested, please
contact Lynne Bajdek (bajdek@verizon.net).**

**Meetings are held the second Wednesday of the
month at 1:00pm.**

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