

THE CENTER

150 Goulding Street
Holliston, MA 01746

508-429-0622

townofholliston.us/senior-center

Like us on Facebook!

Hours

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

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

November & December 2025



**Welcoming,
Friendly & Safe
for ALL.**

IMPORTANT DATES

CLOCKS AHEAD NOVEMBER 2

THE CENTER WILL BE CLOSED

NOVEMBER 11, 27 & 28

DECEMBER 25 & 26

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!



The Center Staff Update

As many of you know, Lisa Borchetta left The Center at the end of August to pursue another opportunity in Amherst, MA. Rest assured that the professional staff are committed to serving the needs of the older adult residents of Holliston to the best of our ability. We ask for grace as we are short-staffed and appreciate your continued patience as we navigate the process of hiring a new director. In the meantime, Laura Parmensi is serving as Interim Director. Please feel free to reach out to Laura, Cynthia or Debbie if you have any questions or concerns.

Thank you!

Laura, Cynthia, Debbie, Ron, Bruce, Scott, Stephen and Rick

We warmly invite you to stop by anytime, Monday through Friday from 9 AM to 4 PM.
We look forward to seeing you!

Gifts for the Holiday Season

The Center and Girl Scout Troop #62493 are accepting donations for older adults in need who live alone or are homebound.

Acceptable donations include:

- ♥ Gift Cards from local businesses ♥ boxes of herbal tea ♥
- ♥ small boxes of chocolate ♥ crossword books & puzzles ♥
- ♥ small unscented hand lotions ♥

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

**Gifts can be dropped off at The Center
from November 11 through December 5**

Annual Fall Fair and Good as New Garage Sale 2025



**New Garden
Beds
Ready for
planting Spring
2026!**



Last winter, Frank Chamberlain, agreed to *repair* the raised garden beds that were originally built as an Eagle Scout project. On the first of day work, it became clear that there was too much rot and required full replacement!

With support from Facilities Director, James Keast, and in consultation with Kathy Anguish, Frank assembled a dedicated team of volunteers to take on this project. This group *completely rebuilt* these garden beds making them more sturdy and accessible! Thank you!

We would like to express our gratitude to Frank and:

- Jay Blossom and Henry Perron (Keefe Tech graduates and former Scouts)
- Jeff Blossom and Rick Perron (parents)
- Vedant Shah and Bill Frechette (current Scouts)

ANNOUNCEMENTS



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

Acapulco's, Showcase Cinema, Shaw's, Salon de Bella, Marathon Deli, Bazels, Medway Café, Ocean State Job Lot, TJX Companies, Tavern in the Square, Ashland Nutrition, Raillery Public House, Ashland Ale House, Fiske's General Store, PJ's Smokehouse, Anthony's on the Green, Start Line Brewing, Gaetano's Bakery, Candy Cottage, Crafted, Big Y, Holliston Meadows Pet Resort, Red Heat Tavern, Rail Trail Flatbread Co, Roche Bros, Panera Bread, Chili's, Muffin House Café, Dunkin, Fun and Games, Michael's, Chipotle, Sol de Mexico, Food & Spirits, Spiller's Automotive, Outback Steakhouse, LL Bean, Jack's Abby, 110 Grill, Fiddle & Find, 45 Restaurant, Holliston True Value, Che's Liquors, Bird & Bear Collective, Aesop's Fable, TC Scoops, Uno's, J T Stitches, Outpost Farm, Village Automotive, Hometown Automotive, Jack's Automotive, Holliston Jewelers, Cote Automotive, Holliston Lions Club, Jensen Sheehan/Bright Insurance, Starbucks, Northern Management Group, Trader Joes, Boston Honey Co, Debra's Flowers, Holliston Knights of Columbus, Star Sign, Jersey Mikes, Dream Breakfast & Lunch, Auto Tycoon, The Bird in Hand, Holliston Oil Service, Table Talk Pies, Helen's Beads. **To anyone we may have inadvertently overlooked, please know that your support is deeply appreciated and has not gone unnoticed!!**

The Center would like to thank the following organizations and individuals who supported our mission in 2025:

Aging Well Advocates, Amar Jayam & All newsletter folding volunteers, American Legion, Attorney Bergeron, Bosselman Catering, Brookdale, Council on Aging, Cornerstone, Cub Scouts, Fran Bakstran, Holliston Garden Club, Holliston Public Schools (students, teachers and administrators), Hopkinton Audiology, Garden Volunteers, Girl Scouts, Golden Pond, KevTech, Knights of Columbus, Lions Club, Marsden Law, Mary Anne Morse Healthcare, MCOA, Metrowest Mediation, Roche Bros, Shelly Schofield, Sherborn COA, Senior Support Foundation, Springwell, Superette, Timothy Daniels House, Tune Timers, VFW, along with all; volunteers, instructors, presenters, entertainers, other community partners, other Town Departments and individuals in the community that have donate their: energy, time, goods, skills & caring to help The Center!!

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

A big thank you from the Jewelry Committee to everyone who donated their beautiful jewelry to the SSF Fall Fair. We couldn't have made it so successful without you!



Our Fall Fair bake sale was a huge success this year! We want to thank everyone that donated delicious baked items and non-baked items. We had the Best Year Ever!



All proceeds go to support programs and services at The Center.



New Accessible Vehicle has arrived!

The Holliston Council on Aging received an earmark from the Massachusetts State Legislature in FY2025 for a wheelchair accessible van to complement and support The Center's robust transportation program.

Braunability converted this 2025 Chevrolet Voyager to be fully accessible for those using a wheelchair and it will fit in a standard parking spot. We would like to thank our local members of congress, Senate President Karen Spilka and Representative James Arena-DeRosa, for championing this request in service to our older adult residents.

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!

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



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 12pm 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!



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!

Video Aerobic Fitness

WEDNESDAY 9:30am This is a free, group-led aerobic program inside The Center. This program provides a great cardio workout, brain power, waistline trimming, and overall fitness.



Pilates with Joni THURSDAY 9am

Pilates is core stability, strength, flexibility, and attention to muscle control, posture, and breathing. The 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!

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

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.

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.



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!



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

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.

November 4 ~ Three things you are thankful for

December 2 ~ tell us a family tradition you hope continues and one you'd like to change

Topics are suggestions, come with your writings.



Book Club

All are welcome to join us on the **second Friday of the month at 1:30pm** to enjoy interesting discussion, sharing and listening.

November 14 ~ Braiding Sweetgrass: Indigenous Wisdom by Robin Wall Kimmerer

December 12~ To be determined

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



Bookstore: Open daily 9-4pm

Anyone in the community is welcome to shop at the bookstore and all proceeds go to the Senior Support Foundation (SSF) to fund programs at the Center. All Sales are final.



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



Redesigned Good As New Shop: Open Mon thru Thurs 10am to 3pm

Anyone in the community is welcome to shop at the Good as New Shop and all proceeds go to the Senior Support Foundation (SSF) to fund programs at The Center.

Make checks payable to SSF and All Sales are final.

A note from our Good As New Shop... We accept small household items in clean saleable condition, women's clothing and shoes in clean saleable condition, puzzles (tape boxes), and jewelry.

WE ARE NOT TAKING: mismatched dishes, glasses or coffee cups. Also, men's or children's clothing, CDs, DVDs, records, pictures or picture frames, games, toys, yarn or fabric.

Donations accepted: Monday thru Thurs 10am to 3pm.



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.

Holliston Senior Support Foundation Presents...



**Shades of Ireland a Collette trip
May 30 to June 8, 2026**

&

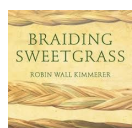
**National Parks of America a Collette trip
September 12 to 23, 2026**

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

Caregiver Month

NOVEMBER

National American Indian & Alaska Native
Month

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:30 Coffee & Coloring 11:00 Yoga 12:00 Lunch*** 1:00 Tai Chi 1:00 Medicare Health Plan Options*** 1:15 Games Day	4 10:00 Writer's Group 10:00 Coffee with HPD 10:30 Energy Focus Movement 11:00 Rainbow Coffee 12:00 Zumba Gold 1:30 Great Courses Plus: Native Peoples of North America***	5 9:30 Video Led Aerobics 10:00 Hopkinton Audiology Cleaning*** 11:00 Yoga 12:00 Lunch*** 11:00 SHINE*** 1:30 8-ARCH Bridge Café	6 9:00 Pilates 10:30 Energy Focus Movement 1:00 Mah Jongg Open Play 2:30 Trailblazer Meeting	7 10:00 Brain & Body Wellness Exercise 10:00 Dull Men's Club 1:00 Tune Timers 
10 9:30 Coffee & Coloring 10:00 Estate Planning*** 11:00 Yoga 12:00 Lunch*** 1:00 Tai Chi 1:15 Games Day	11 Closed Veterans Day 	12 9:30 Video Led Aerobics 11:00 Yoga 12:00 Thanksgiving Luncheon*** 11:00 SHINE*** 3:00 COA Meeting	13 9:00 Pilates 9:30 Aging Well Ask a Care Manager*** 10:30 Energy Focus MVT 11:00 Whitney Place Group Tour*** 1:00 Mah Jongg Open Play	14 10:00 Brain & Body Wellness Exercise 10:00 Dull Men's Club 1:00 Tune Timers 1:30 Book Club 
17 9:30 Coffee & Coloring 10:30 Pool Lessons*** 11:00 Yoga 12:00 Lunch*** 1:00 Tai Chi 1:15 Games Day 	18 9:00 Monthly Breakfast*** 10:00 Meditation 10:30 Energy Focus Movement 12:00 NO ZUMBA 1:30 Live Family Feud & Jeopardy Game Show***	19 9:30 Video Led Aerobics 11:00 Yoga 12:00 Lunch*** 11:00 SHINE*** 1:00 Expressive Art 	20 9:00 Pilates 9:30 SSF Meeting 9:30 Java with Jay*** 10:30 Energy Focus Movement 1:00 Mah Jongg Open Play	21 10:00 Brain & Body Wellness Exercise 10:00 Dull Men's Club 12:00 Lunch & Learn*** In Sherborn 1:00 Tune Timers Sunday 11/23 Lion's Club FREE Lunch 12pm***
24 9:30 Coffee & Coloring 10:30 Pool Lessons*** 11:00 Yoga 12:00 Lunch*** 1:00 Tai Chi 1:15 Games Day 	25 10:30 Energy Focus Movement 12:00 Zumba Gold 	26 9:30 Video Led Aerobics  No Yoga Class Today No Lunch Today	27 Closed Holiday 	28 Closed Holiday
***Means Reservations are Requested in Advance. Please call 508-429-0622			Thank you Center Volunteers for all your hard dedicated work in 2025!! 	

National-Human-Rights-Month

DECEMBER

 National Giving Month

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

9:30 Coffee & Coloring
10:30 **Pool Lessons*****
11:00 Yoga
12:00 **Lunch*****
1:00 Tai Chi
1:15 Games Day



2

10:00 **Writer's Group**
10:00 **Coffee with HPD**
10:30 Energy Focus Movement
11:00 **Rainbow Coffee**
12:00 Zumba Gold



3

9:30 Video Led Aerobics
11:00 Yoga
11:45 **Special Lunch & Learn: Gifting to the Grandkids with Jay Marsden*****
11:00 **SHINE*****
1:30 **8-ARCH Bridge Café**

4

9:00 Pilates
10:30 Energy Focus Movement
1:00 Mah Jongg Open Play
2:30 **Trailblazer Meeting**



5

9:00 **FREE Flapjacks & Fire Fighters Breakfast*****



10:00 Brain & Body Wellness Exercise
10:00 Dull Men's Club
1:00 Tune Timers

8

9:30 Coffee & Coloring
10:30 **Pool Lessons*****
11:00 Yoga
12:00 **Lunch*****
1:00 Tai Chi
1:15 Games Day
2:00 **Proactive Brain Health*****



9

9:00 **Monthly Breakfast*****
Vets Eat FREE
10:00 **Estate Planning*****
10:30 Energy Focus Movement
12:00 Zumba Gold



10

9:30 Video Led Aerobics
10:00 **Hopkinton Audiology Cleaning*****
11:00 Yoga
12:00 **Lunch*****
1:00 **COA Meeting**

11

9:00 Pilates
9:30 **Aging Well Advocates Ask a Care Manager*****
10:30 Energy Focus Movement
11:00 **Boxwood Tree Craft Workshop*****
1:00 Mah Jongg

12

10:00 Brain & Body Wellness Exercise
10:00 Dull Men's Club
1:00 Tune Timers
1:30 **Book Club**



Dec 14 to 22

15

9:30 Coffee & Coloring
10:30 **Pool Lessons*****
11:00 Yoga
12:00 **Lunch*****
1:00 Tai Chi
1:15 Games Day

16

10:00 Meditation
10:30 Energy Focus Movement
12:00 Zumba Gold
1:00 **Expressive Art Therapy Class*****



17

9:30 Video Led Aerobics
11:00 Yoga
12:00 **Holiday Luncheon*****
12:00 **SHINE*****



18

9:00 Pilates
9:30 **SSF Meeting**
9:30 **Java with Jay*****
10:30 Energy Focus Movement
1:00 Mah Jongg Open Play



19

10:00 Brain & Body Wellness Exercise



10:00 Dull Men's Club
1:00 Tune Timers

22

9:30 Coffee & Coloring
10:30 **Pool Lessons*****
No Yoga Class Today
12:00 **Lunch*****
1:00 Tai Chi
1:15 Games Day



23

10:30 Energy Focus Movement
12:00 Zumba Gold
Sign up by today for the FREE VFW & American Legion Roast Beef Lunch on Sunday, January 4 at 12pm 508-429-0622

24

9:30 Video Led Aerobics



No Yoga Class Today
No Lunch Today

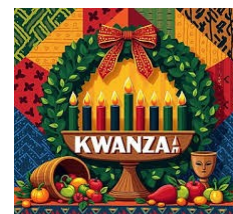
25

Closed Holiday



26

Closed Holiday



29

No Programs this week



30

No Programs this week



31

No Programs this week



*****Means Reservations are Requested in Advance.**
Please call 508-429-0622

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

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.



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.

8-ARCH BRIDGE CAFÉ

This **FREE** community-wide program aims to promote social inclusion and participation in a welcoming and supportive environment. These engaging activities are suitable for all adult audiences and are dementia-friendly. Please join us for coffee and pastries. Feel free to bring a friend or loved one!

All are welcome here!

1:30-3:00pm

Wednesday, Nov. 5

**Musical Memories Duet
with John & Linda**

∞ ∞ ∞ ∞ ∞ ∞

Wednesday, Dec. 3



*** PETS & PEOPLE FOUNDATION ***

Are you looking for affordable housing options?

Moving into public or community based housing can be a long process. If you are considering applying please keep in mind that the Massachusetts affordable housing stock is very limited and the waitlists are long.

Contact Cynthia to make an appointment to complete the state application called: **CHAMP**. She can also review other housing options with you.

FUEL ASSISTANCE PROGRAM

The heating season is November 1 through April 30.

Residents are encouraged to **make an appointment** to apply. Please call/email 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**

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!

FILE OF LIFE

This form should be updated yearly to provide essential information to first responders when you can't.



The Center has refrigerator magnets and wallet cards available at the reception desk. In an emergency, every second counts!

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.

Please call ahead before donating items as there is limited space available.

Donated equipment must be **CLEAN** and in **NEW or LIKE NEW** condition with no stains, rips or missing hardware.

All equipment MUST be cleaned & sanitized prior to returning.

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!!



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

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

November 18 & December 9

Each breakfast is \$5.00.



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

**Advanced Registration Required
508-429-0622**

Thanksgiving Luncheon Wednesday, November 12 from 12 to 2pm

A delicious Thanksgiving lunch of turkey, stuffing, mashed potatoes, green beans, butternut squash, cranberry sauce, rolls and pies.

Entertainment: Elvis is coming



Award-winning Elvis Presley tribute by Robert Black. He is recognized as New England's Premier Elvis Impersonator, known for his authentic portrayal, vocal talent, charisma, elaborate costumes, and ability to connect with audiences.

**Cost is \$8 for the luncheon
Please RSVP by November 5 at
508-429-0622**

Holiday Luncheon

**Wednesday, December 17
from 12 to 2pm**

Join us for a festive delicious lunch from Oliva's Market

Meat Balls, Pulled Pork, GF Penne Broccoli & Chicken, Rice Pilaf, Caesar Salad, Rolls and desserts from Gaetano's Bakery

Entertainment: The Tune Timers Band a group of older adults performing music from the 40s, 50, 60s and the Great American Songbook. Come to enjoy great music that excites people to dance to a foxtrot, waltz, tango, cha cha, a line dance, jitterbug and more.

**Cost is \$7 for the luncheon
Please RSVP by December 10
at 508-429-0622**



FREE Flapjacks with the Fire Department

The Center is hosting a special "Flapjacks with the Fire Department"

Friday, December 5 at 9am.

Come enjoy a warm and hearty breakfast served by members of the Fire Department while you have an opportunity to meet our local first responders!

The Chief will present a brief overview of the department explaining how it operates and the essential services it provides to our community.

Please RSVP by November 25 at 508-429-0622



The VFW & American Legion are Sponsoring a Lunch at The Center

Sunday, January 4, 2026 at 12pm a Roast Beef Dinner with mashed potato and a vegetable and dessert No Charge to the community

Please RSVP by December 23 by calling 508-429-0622.



FREE Holliston Lions Club - Sunday, November 23 at The Center at 12pm

We're currently planning to serve pasta, meatballs, desserts and a beverage so please sign up early so we can get an accurate count. **Lunches will be served/delivered starting at noon.** For the in person lunches you're welcome to arrive early to socialize.

Register at 508-429-0622

SERVICES & A TOUR



FREE Notary Services

Shelly Schofield is providing notary services at The Center. Please call The Center to make an appointment **508-429-0622**

Proactive Brain Health Monday, December 8 at 2pm

Light Refreshments Provided

By implementing proactive habits, individuals can help reduce their risk of cognitive decline.

Older adults will learn lifestyle changes to help keep their minds sharp for tomorrow. Risks to brain health, lifestyle factors, diet, sleep, exercises, and connections between heart and brain will be discussed. Please join Certified Dementia Practitioner Sarah Turcotte from Bridges by EPOCH for this informative presentation.



RSVP at 508-429-0622

Assisted Living Group Tour Series Are you considering assisted living, but don't know where to start?

The Center is facilitating group tours at nearby assisted living facilities including a FREE lunch.

Thursday, November 13 from 11am -1:30pm

Join us for a guided tour and lunch at **The Willows at Whitney Place** with Mary Louise Champagne.

Transportation available upon request with our van service. Space is limited to 8 - 10 participants.

Registration required please contact us at 508-429-0622.



Free hearing aid cleanings at The Center!

Hopkinton Audiology Service a small private practice that has been open for 7 years and focuses on quality care and meeting patients' specific hearing needs.

Wednesday, Nov 5 & Dec 10

Please Register at

508-429-0622

Java with Jay: Enjoy your morning cup of coffee and join Jay to learn about different estate planning strategies from the comfort of your own home **via Zoom!**

Thursday, November 20 at 9:30am:
"Planning for the Unexpected: Powers of Attorney & Health Care Directives"

Avoiding court, conflict and crisis: Essential planning documents everyone needs.

Thursday, December 18 at 9:30am:
"Why Estate Planning Matters Even More for Solo Ager" If you have no default caregiver or decision maker you may have a higher risk of court intervention (guardianship/conservatorship). Find out the importance of choosing trusted people and professionals in advance.

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

Estate Planning & Wealth Management with

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, November 10 and December 9

Register at 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"

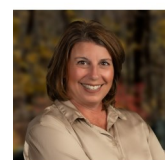
Personal Guidance for Your Aging Journey

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



PROGRAMS, LUNCHES & VOLUNTEER OPPORTUNITIES



Expressive Art Therapy Class
Facilitated by Franci DuMar of
Clear Guidance LLC.



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

Date: November 19 and December 16 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 coa@sherbornma.org. Option to call The Center also to register at 508-429-0622

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



Volunteers Needed

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 criminal background check (CORI) and complete a state required LGBTQ+ informational training.

—> AARP Tax-Aide Program is Looking for Volunteers



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

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

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

Contact Kirk Joslin,
local coordinator
KirkNJoslin@GMail.Com.

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, November 21 from 12 to 1pm

"Roadmap to Acute Care" Linda Pellegrini, MS, GNP-BC-Geriatric Nurse Practitioner, is sharing her expertise as part of an educational series helping patients and families navigate concerns about memory and thinking through the Massachusetts Alzheimer's Disease Research Center (MADRC) at Mass General Brigham. She will be discussing managing acute care from an insider's perspective.



We will not be hosting a Dementia-Friendly Lunch and Learn event in December. See you in 2026!

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.



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!

SPECIAL PROGRAMS



Boxwood Tree Workshop

The Holliston Garden Club will be presenting a Boxwood tree workshop at The Center on **Thursday, December 11 from 11am to 1:30pm**

The Garden Club will supply the containers and boxwood greens. If you have them, please bring clippers, wire cutters and wire. Also, any small decorations for personalizing your tree like bows, stars, wired balls, berries etc...

The Senior Support Foundation (SSF), The Center's Friends group is sponsoring half of the cost to make the boxwood tree. Thank you SSF!

The cost per person is \$5 to the Holliston Garden Club to cover the cost of all the materials provided.

**Space is limited to 12 people.
Please Register at 508-429-0622**

Lunch and Learn: Gifting to the Grandkids...Best Practices and Pitfalls

Attorney Jay Marsden, Esq. of Marsden Law P.C. will host an educational discussion focused on one of the most rewarding aspects of estate planning: gifting to grandchildren. We will explore different ways families can provide meaningful financial support to the next generation, such as 529 plans and trusts. We'll also cover ways to give while keeping your own financial future secure.

Gifting is more than a financial transaction, it's a way to leave a legacy of opportunity, education, and stability for future generations. Learn how to turn your generosity into a lasting legacy for your grandchildren.



Wednesday, December 3 from 11:45 to 1pm

Please Register at 508-429-0622



November is National American Indian & Alaska Native Month. Join us to watch Native Peoples of North America

Tuesday, November 4 at 1:30pm RSVP at 508-429-0622

By Great Courses Plus that has now partnered with Smithsonian to bring you a course that will greatly expand your understanding of American history.

Pool Lessons

Ever want to learn to play pool?



Here is your chance!

This is a free 6 week program teaching the basics of pool and is limited to 6 participants.

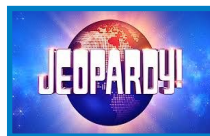
First class is on Monday, November 17 at 10:30am and runs until 12pm.

Last class is on Monday, December 22 same time.

Registration Required

508-429-0622

Family Feud...Jeopardy...Wheel of Fortune...Concentration... you've watched them and wondered what it would be like to be a contestant on a "LIVE" Game Show.



Join us on Tuesday, November 18 at 1:30 PM as Kevin Richman hosts Family Feud and Wheel of Fortune Games.

Sponsored by The Senior Support Foundation (SSF), The Center's Friends Group a 501 (C) (3) nonprofit.

You'll play in teams so everyone will get the opportunity to participate.

There will be prizes for all the members of the winning teams. So, sign up today!

Medicare Health Plan Options

Are you ready for the Medicare Annual Election October 15 through December 7?

This 45 minute presentation is geared toward individuals on Medicare or approaching Medicare. It reviews the differences between Medigap and Medicare Advantage plans and explains when enrollees can switch plans. All are invited to attend regardless of insurance coverage.

Jenna Feitelberg, the Field Outreach Consultant at Blue Cross Blue Shield of Massachusetts presenting.

**Monday, November 3 at 1pm .
Please Register at 508-429-0622**



MASSACHUSETTS

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

NON PROFIT ORG.
US POSTAGE PAID
HOLLISTON, MA
PERMIT NO. 07

Mailing Label Here

THE CENTER STAFF

Laura Parmensi, Acting Director
x218 | parmensil@holliston.k12.ma.us

Debbie Dupuis, Administrative Assistant
x216 | dupuisd@holliston.k12.ma.us

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

Van Drivers: Debbie Dupuis, Ron Turcotte, Bruce Connolly, Stephen Whitermore, Scott Babitts & 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 welcome 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. Nov 12 Meeting at 3pm.

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