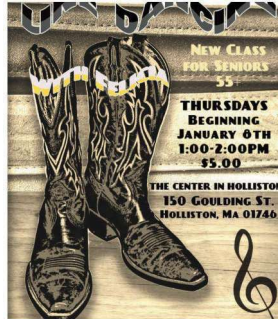


JANUARY/FEBRUARY | 2026

THE 55+ CENTER COMMUNITY SCOOP

New Class: Line Dancing with Felicia



New line dance class starting January 8. Come have fun learning to dance with our new instructor Felicia Coyle. Felicia has 30+ years of experience, teaching line dance in the Massachusetts and the Rhode Island area. If you've always wanted to learn or have dance experience already, come out and join us for a fun time.

Bring your friends!! Drop in class, cost \$5

CENTER NEWS

Interviews for the next Center Director have started and a new Director will be appointed in 2026.

The Center staff completed the required AGE (Executive Office of Aging & Independence) Survey on November 7. AGE requires all councils on aging (COAs) in Massachusetts to submit an annual survey that details how formula grant funds are spent to provide programs and services to its residents and to ensure regulatory compliance, safety assurance, and program evaluation. The purpose the survey is to understand the needs and experiences of the older adult population and to improve resources and services. This is done by gathering data on a range of issues, including health, housing, social isolation, and community support, to inform policy and planning at both the state and local levels. The data submitted helps AGE ensure COAs are meeting safety standards, identify gaps in services, advocating for seniors, and improve programs that support older residents.

COA Board News: welcome to Nancy King-Bolger as the newest Member of the COA board. Nancy is a 30-year resident of Holliston, married with 2 grown sons who went through the school system here. She recently retired from a long career as a licensed clinical social worker, and most recently worked with older adults in a mental health setting. Now Nancy is moving from school volunteering to volunteering with her peers as a way of staying involved in her community.

One COA Board Member seat is still available. Reach out to Lynne Bajdek, Chair to inquire at bajdek@verizon.net

LGBTQIA+ FRIENDLY



THE CENTER

ADDRESS

150 Goulding Street
Holliston, MA 01746

PHONE

508-429-0622

WEBSITE

townofholliston.us/senior-center

HOURS

MONDAY-FRIDAY

9:00am to 4:00pm

FOLLOW US

 /hollistonseniorcenter

Important Dates

REMINDER

WE ARE CLOSED

January 1 & 2
New Year Holiday

January 19
Martin Luther King, Jr. Day

February 16
Presidents Day

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

DID YOU KNOW?

MySeniorCenter Computer Sign in

Your membership scan card is your “key” to The Center. Scanning at one of the two entrances is a quick and efficient way of signing-in to the many daily offerings. This simple practice plays an important dual role.



Card scanning not only registers your name, programs, and dates you are attending, it provides important data for grant writing and aids in the allocation of State and local funds. Additionally, the data may be used to advocate with citizens for financial support.

Scanning the card for a fitness class is as important as scanning when you pick up that loaf of bread or box of donut holes from the hall table. Although these two events may appear at odds, all “activities” are recorded on The Center’s software program My Senior Center and used in tabulating and managing its offerings.



You may already be scanning your card for a weekly class, but don’t forget to scan to record volunteer hours, attendance at a lecture, or times you are simply enjoying a meal. This accumulated data is studied in various ways so The Center will be “in the know” about Holliston’s older adult needs and interests!

DID YOU KNOW?

Paying for classes and lunches ahead of time with **a check** helps The Center staff keep better track of accounts receivable? When paying for **CLASSES** please make out your check to the “Senior Support Foundation” (SSF). However, when paying for **LUNCHESES** please make out your check to “The Center.” Thank you for our support!

SPONSORSHIP OPPORTUNITIES

The Center invites community partner organizations to sponsor specific programs such as the 8-Arch Bridge Memory Café, Monthly Breakfast, Speaker Series, Luncheons and other special programs. We are fortunate to have neighbors and organizations willing to support vital work of The Center in our community.

VOLUNTEER SPOTLIGHT

For more than 30 years, The Center’s Fall Fair, held every September, has been organized by Sheila Joslin, who was joined by Néil Svendsen in 2013.



Kudos to this pair for their past and present dedication to the success of the Fall Fair!

During their tenure, these Senior Support Foundation (SSF) officers have given their time, talent and treasure to benefit Holliston’s older adults. Funds from the Fall Fair support The Center’s programs, activities, holiday luncheon “extras,” and provide emergency funds for unexpected crises.

At present, they have sufficient volunteers to lead the Fair’s indoor “departments” and are now looking for a team (1-3 volunteers) to direct the outdoor (yard sale) portion of the Fair, located in the garage and adjacent parking lot area. Svendsen said, “Almost one third of the profits of the Fall Fair come from the outdoor section. We don’t want to see that go away.”

Could this be the volunteer project you’ve been seeking? To learn more, email Sheila Joslin (sheiladjoslin@gmail.com) or Neil Svendsen (nsvend@verizon.net) to inquire and help older adults!

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.

Brenda Bates

Licensed in MA and RI

Cell phone **508-667-6670**

Email: brendabates@kw.com

brendabates.KW.com

Local Lifelong Resident of Holliston



Ask Me How To Get a \$100 GIFT CARD



DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?

Engaging, ad-supported print and digital newsletters to reach your community.

Visit lpicommunities.com

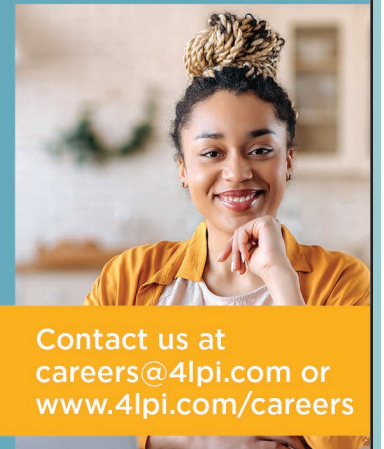


WE'RE HIRING! AD SALES EXECUTIVES



BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE.

- Paid training
- Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at careers@4lpi.com or www.4lpi.com/careers



HEALTH, WELLNESS & SOCIAL PROGRAMS

Holliston Council On Aging

04

TAI CHI WITH ROBIN



MONDAY 1-2pm

Class begins with meditation, breathing exercises and then Tai Chi. A slow gentle movement of the body that can help balance and lower blood pressure.

ENERGY FOCUS MOVEMENT WITH LINDA



TUES & THURS 10:30am

Focus your energy balance—physical and energetic strength—maintain or regain flexibility—from surviving to thriving. Linda helps customize your moves as needed.

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 relax and get a good night's sleep!

Monday Yoga starting 2/9 is at 1750 Washington St. due to Tax season (no class Feb 2, 16, & 18).

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, video-led aerobic program. Come join others for a cardio workout that increases brain power, flexibility, and overall fitness.



Instructor fees are subsidized by the Senior Support Foundation (SSF): The Center's volunteer friends group that raises funds to support programs and services at The Center.

\$5 COST FOR ALL CLASSES

PILATES WITH JONI



THURSDAY 9am

Pilates is core stability, strength, flexibility, muscle control, posture, and breathing. The exercises are modified for beginner to advanced.

LINE DANCING



THURSDAY AT 1pm

If you've always wanted to learn or have dance experience already, come out and join us for a fun time. Bring your friends!!
No Class Feb 12 and 19.

BRAIN & BODY WELLNESS

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.



BILLIARD ROOM

Monday through Friday 9am to 4pm

(some restrictions may apply).



GAMES



Mondays 1:15-3:45pm

Join us for a fun time playing: cribbage, cards, dominoes and more! Great conversation, too!



COFFEE AND COLORING

Mondays 9:30-11:30am

Enjoy coloring and conversation with friends and neighbors.



COFFEE WITH HOLLISTON POLICE

First Tuesday at 10am.

Join Holliston Police in a casual Q&A atmosphere to discuss what's on your mind.



MAH JONGG OPEN PLAY

Thursdays at 1pm

Play Mah Jongg in our dining room with other Mah Jongg enthusiasts. Bring your own set.



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

1ST & 3RD WEDNESDAY

12-3PM Confidential counseling on all aspects of Medicare and related health insurance programs.



TRAILBLAZER CLUB

First Thursday of the month

Planning Meeting 2:30pm

Co-ed Group for Active Older Adults. These activities range from low activity to high activity and everywhere in between. The planning meeting is on the 1st Thursday of the month 2:30pm at The Center. Please join us to learn more, and bring a friend!



TUNE TIMERS BAND

Friday 1:00-3:30

Listen to Big Band music and enjoy dancing, singing and socializing



DULL MEN'S CLUB (DMC)

Fridays from 10 to 11am.

Come meet other men from the community for conversation, socialization, enjoy a snack & coffee



WRITER'S GROUP



FIRST TUESDAY OF THE MONTH AT 10AM

Join us for a gathering to practice writing skills and connect with others through written words.

January 6~ Pets – current pet, one from your childhood or a pet you would like to have.

February 3~ like in the movie Groundhog Day – what day would you like to relive or what day would you like to never live through again

Topics are suggestions, come with your writings.

BOOK CLUB



SECOND FRIDAY OF THE MONTH AT 1:30PM

All are welcome to join us to enjoy interesting discussion, sharing and listening.

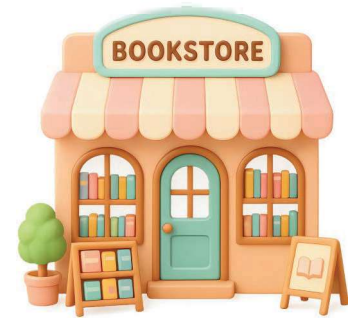
January 9 ~ "Murder at Gulls Nest" by Jess Kidd

February 13 ~ "Mrs. Lincoln's Dressmaker" by Jennifer Chiaverini

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



All proceeds go to the Senior Support Foundation (SSF) to fund programs at The Center. All Sales are final.

- 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)

GOOD AS NEW SHOP: OPEN DAILY 9-4PM

EVERYONE IS WELCOME TO SHOP AT THE GOOD AS NEW SHOP !



All proceeds go to the Senior Support Foundation (SSF) to fund programs at The Center.

Make checks payable to SSF

All Sales are final.

We accept

- small household items in clean saleable condition
- women's clothing and shoes in clean saleable condition
- puzzles (tape boxes)
- jewelry **Donations accepted: Tuesday & Thursday from 12-3pm with a one bag maximum please.**











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.

HOLLISTON SENIOR SUPPORT FOUNDATION PRESENTS...

NATIONAL PARKS OF AMERICA TRIP SEPTEMBER 12-23, 2026

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



Monday	Tuesday	Wednesday	Thursday	Friday
<p>***MEANS RESERVATIONS ARE REQUESTED IN ADVANCE. PLEASE CALL 508-429-0622</p>	<p>NEW Line Dancing Class on Thursdays</p>		<p>1 CLOSED New Year's Day <i>Happy New Year</i></p>	<p>2 CLOSED New Year's Day <i>Happy New Year</i></p>
<p>5 9:30 Coffee & Coloring 11:00 Yoga 12:00 Lunch*** 1:00 Tai Chi 1:15 Games Day</p> 	<p>6 10:00 Writer's Group 10:00 Coffee with HPD 10:30 Energy Focus Movement 11:00 Rainbow Coffee 12:00 Zumba Gold</p> 	<p>7 9:30 Video Aerobics 10:00 Audiology Cleaning*** 11:00 Yoga 12:00 Lunch*** 12:30 LGBTQ+ Myth Buster Panel Presentation*** 12:00 SHINE***</p>	<p>8 9:00 Pilates 10:30 Energy Focus Movement 1:00 Mah Jongg Open Play 1:00 NEW Line Dancing 2:30 Trailblazer Planning Meeting. All Welcome to Attend.</p>	<p>9 10:00 Brain & Body Wellness Exercise 10:00 Dull Men's Club 1:00 Tune Timers 1:30 Book Club</p> 
<p>12 9:30 Coffee & Coloring 11:00 Yoga 12:00 Lunch*** 1:00 Tai Chi</p>  <p>1:15 Games Day</p>	<p>13 9:00 Monthly Breakfast*** Vets Eat FREE 10:00 Estate Planning*** 10:30 Energy Focus Movement 12:00 Zumba Gold</p>	<p>14 9:30 Video Led Aerobics 11:00 Yoga 12:00 Lunch*** 1:00 COA Meeting</p> 	<p>15 9:00 Pilates 10:30 Energy Focus Movement 1:00 Mah Jongg Open Play 1:00 NEW Line Dancing</p> 	<p>16 10:00 Brain & Body Wellness Exercise 10:00 Dull Men's Club 1:00 Tune Timers</p> 
<p>19 CLOSED Martin Luther King Jr. Day</p>	<p>20 10:30 Energy Focus Movement 12:00 Zumba Gold 1:00 Expressive Art Therapy***</p> 	<p>21 9:30 Video Led Aerobics 11:00 Yoga 12:00 Lunch*** 12:00 SHINE*** 1:00 Expressive Art Therapy Class***</p>	<p>22 9:00 Pilates 9:30 SSF Meeting 10:30 Energy Focus Movement 1:00 Mah Jongg Open Play 1:00 NEW Line Dancing</p>	<p>23 10:00 Brain & Body Wellness Exercise 10:00 Dull Men's Club 1:00 Tune Timers</p> 
<p>26 9:30 Coffee & Coloring 11:00 Yoga 12:00 Lunch***</p>  <p>1:00 Tai Chi 1:15 Games Day</p>	<p>27 10:30 Energy Focus Movement 12:00 Zumba Gold 12:00 Keefe Tech Special Lunch***</p>	<p>28 9:30 Video Led Aerobics 11:00 Yoga 12:00 Lunch***</p> 	<p>29 9:00 Pilates 9:30 Java with Jay*** 10:30 Energy Focus Movement 1:00 Mah Jongg Open Play 1:00 NEW Line Dancing</p>	<p>30 10:00 Brain & Body Wellness Exercise 10:00 Dull Men's Club 12:00 Lunch & Learn*** In Sherborn 1:00 Tune Timers</p> 

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>9:30 Coffee & Coloring No Yoga 12:00 Lunch*** 1:00 Tai Chi 1:15 Games Day</p> 	<p>3</p> <p>10:00 Writer's Group 10:00 Coffee with HPD 10:30 Energy Focus Movement 11:00 Rainbow Coffee</p>  <p>12:00 Zumba Gold</p>	<p>4</p> <p>9:30 Video Led Aerobics 10:00 Audiology Cleaning*** 11:00 Yoga 12:00 Lunch*** 12:00 SHINE*** 1:30 8-ARCH Bridge Cafe</p>	<p>5</p> <p>9:00 Pilates 10:30 Energy Focus Movement 1:00 Mah Jongg Open Play 1:00 NEW Line Dancing 2:30 Trailblazer Planning Meeting. All Welcome to Attend</p>	<p>6</p> <p>10:00 Brain & Body Wellness Exercise 10:00 Stroke/Vascular Presentation*** 10:00 Dull Men's Club 1:00 Tune Timers</p> 
<p>9</p> <p>9:00 AARP Tax Service*** 9:30 Coffee & Coloring 11:00 Yoga off Site 1750 Washington St 12:00 Lunch*** 1:00 Tai Chi 1:15 Games Day</p>	<p>10</p> <p>9:00 Monthly Breakfast*** 10:00 Estate Planning*** 10:30 Energy Focus Movement 12:00 Zumba Gold 2:00 Black History 13th (amendment) Film***</p>	<p>11</p> <p>9:30 Video Led Aerobics 11:00 Yoga 12:00 Lunch***</p>  <p>1:00 COA Meeting</p>	<p>12</p> <p>9:00 Pilates 10:30 Energy Focus Movement 1:30 Hearts, Jazz & Treats*** No Line Dancing No Mah Jongg</p> 	<p>13</p> <p>10:00 Brain & Body Wellness Exercise 10:00 Dull Men's Club 1:00 Tune Timers 1:30 Book Club</p> 
<p>16</p> <p>CLOSED President's Day</p> 	<p>17</p> <p>10:30 Energy Focus Movement 12:00 Zumba Gold 1:00 Expressive Art Therapy Class***</p> 	<p>18</p> <p>9:30 Video Led Aerobics No Yoga 12:00 Lunch*** 12:00 SHINE***</p> 	<p>19</p> <p>9:00 Pilates 9:30 SSF Meeting 10:30 Energy Focus Movement 1:00 Mah Jongg Open Play No Line Dancing</p>	<p>20</p> <p>10:00 Brain & Body Wellness Exercise</p>  <p>10:00 Dull Men's Club</p> <p>1:00 Tune Timers</p> 
<p>23</p> <p>9:00 AARP Tax Service*** 9:30 Coffee & Coloring 11:00 Yoga off Site 1750 Washington St 12:00 Lunch*** 1:00 Tai Chi 1:15 Games Day</p>	<p>24</p> <p>10:30 Energy Focus Movement 12:00 Zumba Gold 12:00 Keefe Tech Special Lunch*** 1:00 Black History "I Am Not Your Negro" Film***</p>	<p>25</p> <p>9:30 Video Led Aerobics 11:00 Yoga 12:00 Lunch***</p> 	<p>26</p> <p>9:00 Pilates 9:30 Java with Jay*** 10:30 Energy Focus Movement 1:00 Mah Jongg Open Play 1:00 NEW Line Dancing</p>	<p>27</p> <p>10:00 Brain & Body Wellness Exercise 10:00 Dull Men's Club 12:00 Lunch & Learn*** In Sherborn</p>  <p>1:00 Tune Timers</p>
		<p>***MEANS RESERVATIONS ARE REQUESTED IN ADVANCE. PLEASE CALL 508-429-0622</p>		

DURABLE MEDICAL EQUIPMENT LOANS

The Center loans wheelchairs, walkers, rollators, shower seats, commodes, etc.

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.



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.

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

HOME ENERGY ASSISTANCE PROGRAM (HEAP)

The heating season is November 1st through April 30th.

Residents are encouraged to **make an appointment** to apply. Please call/email ahead to receive a checklist to determine what supporting documentation is required in order to apply. SMOC processes these applications and determines approval for this program. The average benefit award last year was \$1000 for the season.

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.



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!

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. Average benefit is \$216 per month.

Sign up today!

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 complete the state application called: **CHAMP**. She can also review other housing options with you.

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 age and dementia-friendly. Please join us for coffee and pastries. Feel free to bring a friend or loved one!

All are welcome here!

1:30-2:30pm

Wednesday, Feb 4

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** to request 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 through a TryTransit state grant!!

MONTHLY BREAKFAST

THE 2ND TUESDAY OF THE MONTH AT 9AM



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

JANUARY 13 & FEBRUARY 10

Each breakfast is \$5.00.

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



THE CENTER - LUNCH MONDAY & WEDNESDAY

SIGN UP TWO BUSINESS DAYS IN ADVANCE

The menu is on our website <https://www.townofholliston.us/council-on-aging> or pick up a copy at The Center.

Each meal cost is \$5 and Please call 508-429-0622 to sign up **During your birthday month one FREE lunch is provided to help you celebrate. Excludes special luncheons. One FREE lunch - per person PLEASE!!**



LION'S CLUB LUNCHES

SENIORS & VETERANS WELCOME



January 18th Mission Springs

Sign up at 508-893-8021

February 22nd Cole Court
Sign up at 508-429-6266

Pasta, meatballs, salad and dessert typical however menu subject to change.

For more information contact the Lion's Club by visiting their website at hollistonlions.org

THE JAZZY DESSERT SOCIAL

THURSDAY, FEBRUARY 12

1:30 TO 3:00PM

The Jazzy Dessert Social offers a relaxed, daytime gathering featuring live jazz and a variety of delightful homemade-style sweets. Enjoy familiar tunes, friendly company, and a comfortable atmosphere designed for savoring good flavors and good music at an enjoyable pace.

Entertainment: The Metro West Jazz Project.

They play straight ahead jazz originals and standards with a twist.

Band Sponsored by: The Timothy Daniel's House
RSVP in advance by calling 508-429-0622



ESTATE PLANNING & WEALTH MANAGEMENT

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.

January 13 & February 10
Register at 508-429-0622

CAN I STILL CHANGE MY MEDICARE PLAN?

Medicare Open Enrollment Period is in the Fall, but you still **may** be able to change your plan.

Medicare Advantage Open

Enrollment: If you are in a Medicare Advantage (HMO or PPO) plan, a change can be made from January 1st to the end of March.

Prescription Advantage:

members or those on a **Medicare Savings Program**, may be able to change their Medicare Advantage Plan or drug plan during the year as well.

To schedule a SHINE appointment, call The Center at 508-429-0622 or contact the Metrowest SHINE office at 781-453-8076 and leave a message including your name, town and phone number.

AGING WELL ADVOCATES, LLC

How an Aging Life Care Manager Can Help

- Solving complex behavior issues.
- Handling problems in a senior living community.
- Your loved one will not talk about their health.
- You live far away.
- You are just not sure what to do. **And MORE!!!**

Call to set up a free appointment 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!

January 29: Putting the Whole in Holistic: What does holistic planning really look like?

Feb 26: What happens when your MassHealth application gets denied?

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

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.

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.

METROWEST MEDIATION

FREE SERVICE

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

FREE NOTARY SERVICES



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

HOPKINTON AUDIOLOGY

HEARING AID CLEANINGS

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, Jan 7 & Feb 4
Please Register at
508-429-0622



NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our
newsletter
emailed
to you.



Visit

www.mycommunityonline.com



PROGRAMS & AARP FREE TAX SERVICE

January/February 2026 Newsletter

12

EXPRESSIVE ART THERAPY CLASS

FACILITATED BY FRANCI DUMAR OF
CLEAR GUIDANCE LLC.



Location: "The Center" in Holliston at 150 Goulding Street
January 20 and February 17 at 1:00pm

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. 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.

DEMENTIA-FRIENDLY FREE LUNCH & LEARN

The Holliston & Sherborn COAs have collaborated to provide this program and it is generously funded through the Bay State Federal Savings Bank Charitable Foundation

Location: Sherborn Town Hall 2nd floor 19 Washington Street

**Time: 12 to 1pm, Register at 508-429-0622 *Must RSVP for Lunch
Friday, January 30th**

"Music in Dementia" Dr. Randi Lebar presents a personal story of her mother's journey with dementia and her passion for music, which became a social media hit on TikTok.

Friday, February 27th

"Dance for Connection" Donna Newman-Bluestein, MEd, BC-DMT, CMA, LMHC transforms the culture of care through dance and embodies caregiving for people with dementia.

Contact the Sherborn Council on Aging at 508-651-7858 or email coa@sherbornma.org if you have any questions.

SIGN UP FOR FREE TAX PREPERATION & FILING



AARP Foundation Tax-Aide volunteers will help you prepare and file your return. The service is free and offered at The Center in Holliston.



AARP volunteers are IRS certified and can help you file a complete and accurate return – both federal and state.

While AARP is focused on taxpayers who are over 50 and have low to moderate income, the service is open to anyone of any age.

Appointments begin on February 9 and continue on each Monday through the first week of April.

Call The Center at 508-429-0622 to make an appointment.

CELEBRATE BLACK HISTORY MONTH

TUESDAY, FEBRUARY 10 AT 2PM

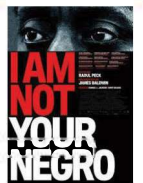
Please call 508-429-0622 to sign up



13th is frequently cited as one of the best and most impactful documentaries on Black history for its analysis of how the 13th Amendment's loophole has been used to fuel mass incarceration in America. Directed by Ava DuVernay, the film connects the historical loophole that allows slavery as punishment for a crime to the disproportionate number of Black Americans in the prison system today. **The film is one hour and forty minutes.**

TUESDAY, FEBRUARY 24 AT 1PM

I am not your negro is a 2016 documentary film that explores the history of racism in America through the unfinished manuscript of writer James Baldwin. Directed by Raoul Peck and narrated by Samuel L. Jackson, it uses Baldwin's writings and interviews to connect the civil rights movement to contemporary racial issues, focusing on the lives and deaths of his friends Medgar Evers, Malcom X, and Martin Luther King JR. The film examines the legacy of institutionalized racism, black representation, and America's struggle with its racial history. **The film is one hour and 33 minutes. Please sign up by calling 508-429-0622**





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A light breakfast will be provided.



Please Register to attend at 508-429-0622



LGBTQ+ MYTHBUSTERS

REAL TALK ABOUT LGBTQ+ IDENTITIES



January 7, 12:30-2:00pm at "The Center"

Do you ever wonder what all these letters mean? Does it seem like these letters and all the terms are always changing and it's impossible to keep up? Join us for a safe space to learn everything you ever wanted to know, but were afraid to ask.

Dr. Barbara Fritts, licensed clinical psychologist and specialist in LGBTQ+ issues, will guide us through a presentation of current terminology, clear up misunderstandings about the difference between gender vs. sex vs. sexual orientation, and explore the truth behind the myths about this community.

A group of LGBTQ+ panelists will present their personal stories and you will have the opportunity to ask any questions you may have. You will leave this presentation empowered with knowledge to bring back to your relationships and loved ones. You don't want to miss this one!

Light refreshments provided.

Please call to sign up at 508-429-0622

KEEFE TECH LUNCH AT THE CENTER



new!



TUESDAY JAN 27 & FEB 24 AT 12PM

The Center has formed a new partnership with the Keefe Tech Culinary Department to provide nutritious lunches to our members and valuable learning opportunities for students.

During this monthly program students can explore various fields such as culinary arts, catering, nutrition, and hospitality management. This hands-on experience supports their classroom learning by allowing them to apply theoretical knowledge in practical settings. By participating in the lunch program, students also learn the importance of serving others, particularly the older adults in our community. This interaction not only helps break down generational barriers but also provides students with insights into the lives and experiences of older adults.

This program not only provides an essential service, but also equips students with practical skills, a deeper understanding of their community, and valuable professional experiences. We are excited to welcome Keefe Tech to The Center and we know that our members will enjoy these thoughtfully prepared meals.

Tuesday, January 27 at 12pm: Chicken Picatta, vegetables, potatoes, salad, dinner rolls, and dessert.

Tuesday, February 24 at 12pm: Tuscan Chicken, vegetables, potatoes, salad, dinner rolls, and dessert

The cost is \$5 per meal, per person.

Please sign up one week in advance: by January 20 and February 17 to reserve your spot by calling 508-429-0622

For all of your aging and caregiving questions...



Where can I get information about in-home help?

Which private options or public programs are right for me?

How do home-delivered meals work?

I am juggling so much with caregiving – is there help for me?

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Debbie Dupuis, Administrative Assistant

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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 & Rick McLaughlin

COUNCIL ON AGING (COA)

BOARD OFFICERS

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

MEMBERS

Georgia Papavasiliou
Nancy King-Bolger

Vacant

Associate Members:

Ellie Stackpole
Sharon Thornton

One seat remains open. If interested, please contact Lynne Bajdek (bajdek@verizon.net). Meetings are held the second Wednesday of the month at 1:00pm.

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.

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