



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](https://www.facebook.com/hollistonseniorcenter)

Important Dates

REMINDER

THE CENTER IS CLOSED:

April 20 for Patriots Day
April 30 closing at 3pm

During inclement weather if the schools are closed then The Center is closed.

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

LGBTQIA+ FRIENDLY



MARCH/APRIL | 2026



THE 55+ CENTER COMMUNITY SCOOP

CENTER NEWS

The Center is pleased to announce that Cynthia Listewnik has been appointed as Director and assumed this position on January 19th. Congratulations to Cynthia on her new position!

I am excited to begin this next adventure serving the older adults in Holliston! As a licensed clinical social worker and service navigator, I have seen first hand the many challenges facing our community members, but I also see an unwavering commitment to serving and a deep sense of belonging. We have dedicated staff members who go above and beyond to create an inclusive space where everyone is welcome. Our volunteers choose to donate their time to The Center because they are truly valued and respected.

I plan to leverage the many relationships and partnerships that I have cultivated in order to further The Center's mission and vision which is rooted in our shared values of connection, continuous learning and thriving, not just aging. I look forward to collaborating with you to build upon our successes!

To that end, as we shake off the Winter doldrums, I'd like to highlight some new programs including a new Aquatics class partnership, Spoonfuls Food Recovery program, Sound Bath and specific programs to celebrate Women's History Month & Volunteer Appreciation Month! I hope you will join us!

Your continued patience is appreciated as we remain short-staffed and hope to have a new Outreach Coordinator in place very soon. Take good care, Cynthia



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

new! DRENCHED AQUATIC CLASS

Join a total body workout in the pool using water's buoyancy and resistance. The class enhances endurance, strength, agility, coordination, balance, and flexibility, suitable for ALL. Bring a swimsuit, optional but recommended water shoes, a towel, and a water bottle. Enjoy access to the hot tub, sauna, and changing rooms with showers.

- Offered for free on Mondays at 11 a.m. at The Willows in Medway, starting March 2nd.

Space is limited—call 508-429-0622 to reserve your spot for the March and April sessions



DID YOU KNOW?

MySeniorCenter Computer Sign in

Your membership scan card is your “key” to The Center. By scanning it at one of the entrances, you can quickly sign in for daily activities, serving a dual purpose.

- Registration: Scanning records your name, program attendance, and visit dates, crucial for grant applications and fund distribution.
- Advocacy: This data also helps advocate for community financial support.

Whether you attend a fitness class or pick up bread, all activities are logged in The Center’s software, MySeniorCenter, which is essential for managing program offerings.

Don’t forget to scan for volunteer hours, lectures, or meals. This data helps The Center stay attuned to the needs of Holliston’s older adult community!



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!

COFFEE FOR ALL THE CENTER PROGRAMS IS SPONSORED BY THE SENIOR SUPPORT FOUNDATION (SSF), THE CENTER’S FRIENDS GROUP

SPONSORSHIP OPPORTUNITIES

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

VOLUNTEER SPOTLIGHT

VOLUNTEERS EXTRAORDINAIRE!

Millie Kampersal and Elaine Fischer have been essential volunteers at The Center in Holliston.

Millie Kampersal's Dedication: Millie began volunteering at The Center over 12 years ago after retiring. “I’ve always been a giver,” she noted. Every Wednesday, she dedicates two hours to the lunch program. Certified through Serve Safe, Millie ensures the program’s success and encourages residents to enjoy this affordable \$5 meal, often suggesting they bring a friend.

Elaine Fischer's Commitment: Elaine has volunteered for over 15 years, beginning shortly after moving to Holliston in 2008. Initially volunteering at the Fall Fair craft table helped her meet new people. She now assists with the lunch program and prepares donated linens for the Fair. Elaine emphasizes the importance of the Fair’s funds for The Center and values the friendships she’s made. She invites others to volunteer, saying, “You get more than you give!”



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.



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!



NEW DIGITAL FORMAT OF OUR NEWSLETTER!

This upgraded version features clickable links, allowing you to easily access additional information by clicking on underlined words and images. As you explore, keep an eye out for events marked as “dementia friendly,” which are perfect for bringing along loved ones living with cognitive challenges. This enhanced format ensures you’re always in the know and makes it simpler than ever to engage with our community.

We look forward to connecting with you!

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.

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 Yoga on 4/22).

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.

LINE DANCING WITH FELICIA



TUESDAY 9:15am

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 the 2nd Tuesday of the each month (Also: no class 4/7)**

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!

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

\$5 COST FOR ALL CLASSES

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.

PILATES WITH JONI



THURSDAY 9am

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

BRAIN & BODY WELLNESS WITH AMANDA



FRIDAY 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. **(No Class April 24).**

BILLIARD ROOM

Monday through Friday

9am to 4pm

Pool Lessons - March 2 to April 6
10:30 to 12pm sign up
508-429-0622



GAMES



Monday 1:15-3:45pm

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



COFFEE AND COLORING

Monday 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.



DULL MEN'S CLUB (DMC)

Friday 10-11am.

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



MAH JONGG OPEN PLAY

Thursday 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



Every Other 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. 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.



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.

March 3 ~ Aging: the good, the bad and the surprises

April 7 ~ Poetry month: share a poem you've written or one from a favorite poet.

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.

March 13 ~ Billionaire Spy by David Hoffman

April 10 ~ Born A Crime by Trevor Noah

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!
- 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.

ASSISTED LIVING GROUP TOUR SERIES

Are you considering independent or assisted living, but don't know where to start?

The Center is facilitating group tours and lunch at nearby independent and assisted living facilities. It's a great way to gather information for future planning without any sales pressure of an individual visit.

Cornerstone at Milford on Tuesday, March 17 from 11am to 1pm.

Tour starts at 11am with Alycia McCallum.

Mary Ann Morse at Heritage in Framingham on Tuesday, April 14 from 11am to 1pm.



Transportation available upon request with our van service 3 days prior to the event. Space is limited to 8 participants. Registration required at 508-429-0622.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>9:00 AARP Tax Service*** 9:30 Coffee & Coloring 10:30 Pool Lessons*** 11:00 Yoga off Site 1750 Washington St 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 9:15 Line Dancing 10:30 Energy Focus Movement 11:00 Rainbow Coffee 12:00 Zumba Gold</p>	<p>4</p> <p>9:30 Video Aerobics 10:00 Audiology Cleaning***</p>  <p>11:00 Yoga 12:00 Lunch*** 12:00 SHINE***</p>	<p>5</p> <p>9:00 Pilates 10:30 Energy Focus Movement 1:00 Mah Jongg Open Play 2:30 Trailblazer Planning Meeting. All Welcome to Attend.</p>	<p>6</p> <p>10:00 Brain & Body Wellness Exercise</p>  <p>10:00 Dull Men's Club 1:00 Tune Timers</p>
<p>9</p> <p>9:00 AARP Tax Service*** 9:30 Coffee & Coloring 10:30 Pool Lessons*** 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 Breakfast*** 10:00 Estate Planning*** 10:30 Energy Focus Movement 11:30 Bocce Tournament Presentation*** 12:00 Zumba Gold</p>	<p>11</p> <p>9:30 Video 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</p>  <p>1:00 Mah Jongg Open Play</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>9:00 AARP Tax Service*** 9:30 Coffee & Coloring 10:30 Pool Lessons*** 11:00 Yoga off Site 1750 Washington St 12:00 Lunch*** 1:00 Tai Chi 1:15 Games Day</p>	<p>17</p> <p>9:15 Line Dancing 10:30 Energy Focus Movement 11:00 Assisted Living Tour - Cornerstone*** 12:00 Zumba Gold 1:00 Expressive Art Therapy*** 1:30 The Movie Lilly***</p>	<p>18</p> <p>9:30 Video Led Aerobics 11:00 Yoga 12:00 Saint Patrick's Day Luncheon*** 12:00 SHINE***</p> 	<p>19</p> <p>9:00 Pilates 9:30 SSF Meeting 10:30 Energy Focus Movement 11:00 Sound Bath*** 1:00 Mah Jongg Open Play</p> 	<p>20</p> <p>10:00 Brain & Body Wellness Exercise 10:00 Dull Men's Club 1:00 Tune Timers</p> 
<p>23</p> <p>9:00 AARP Tax Service*** 9:30 Coffee & Coloring 10:30 Pool Lessons*** 11:00 Yoga off Site 1750 Washington St 12:00 Lunch*** 1:00 Tai Chi 1:15 Games Day</p>	<p>24</p> <p>9:15 Line Dancing 10:30 Energy Focus Movement 12:00 Zumba Gold</p>  <p>12:00 Keefe Tech Special Lunch***</p>	<p>25</p> <p>9:30 Video Led Aerobics 11:00 Yoga 12:00 Lunch*** 1:00 Outsmart the Scammers Presentation***</p> 	<p>26</p> <p>9:00 Pilates 9:30 Java with Jay*** 10:30 Energy Focus Movement 1:00 Mah Jongg Open Play</p>	<p>27</p> <p>10:00 Brain & Body Wellness Exercise 10:00 Dull Men's Club</p>  <p>12:00 Lunch and learn in Sherborn *** 1:00 Tune Timers</p>
<p>30</p> <p>9:00 AARP Tax Service*** 9:30 Coffee & Coloring 10:30 Pool Lessons*** 11:00 Yoga off Site 1750 Washington St 12:00 Lunch*** 1:00 Tai Chi 1:15 Games Day</p>	<p>31</p> <p>9:15 Line Dancing 10:30 Energy Focus Movement 12:00 <u>Zumba Gold</u> 1:30 Lions Club Presentation***</p>		<p>EVENTS HIGHLIGHTED IN PURPLE ARE AGE/DEMENTIA FRIENDLY</p>	<p>*** MEANS RESERVATIONS ARE REQUESTED IN ADVANCE. PLEASE CALL 508-429-0622</p>

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Volunteer Appreciation Month</p> <p>The Center is closing on Thursday, April 30 at 3pm</p>	<p>1</p> <p>9:30 Video Lead Aerobics 10:00 Audiology Cleaning*** 11:00 Yoga 12:00 Lunch*** 12:00 SHINE***</p>	<p>2</p> <p>9:00 Pilates 10:30 Energy Focus Movement 1:00 Mah Jongg 2:30 Trailblazer Planning Meeting. All Welcome to Attend</p>	<p>3</p> <p>10:00 Brain & Body Wellness Exercise 10:00 Dull Men's Club 1:00 Tune Timers</p> 
<p>6</p> <p>9:00 AARP Tax Service*** 9:30 Coffee & Coloring 10:30 Pool Lessons*** 11:00 Yoga off Site 1750 Washington St 12:00 Lunch*** 1:00 Tai Chi 1:15 Games Day</p>	<p>7</p> <p>No Line Dancing 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>8</p> <p>9:30 Video Led Aerobics 11:00 Yoga 12:00 Lunch*** <u>1:00 Normal Aging vs Memory Loss Presentation***</u>  1:00 COA Meeting</p>	<p>9</p> <p>9:00 Pilates 10:30 Energy Focus Movement</p>  <p>1:00 Mah Jongg</p>	<p>10</p> <p>10:00 Brain & Body Wellness Exercise 10:00 Dull Men's Club 1:00 Tune Timers 1:30 Book Club</p> 
<p>13</p> <p>9:30 Coffee & Coloring 11:00 Yoga 12:00 Lunch*** 1:00 Tai Chi 1:15 Games Day</p> 	<p>14</p> <p>9:00 Breakfast*** 10:00 Estate Planning*** 10:30 Energy Focus Movement 11:00 Assisted Living Tour - Mary Ann Morse*** 12:00 Zumba Gold</p>	<p>15</p> <p>9:30 Video Led Aerobics 11:00 Yoga 12:00 Lunch*** 12:00 SHINE***</p> 	<p>16</p> <p>9:00 Pilates</p>  <p>9:30 SSF Meeting 10:30 Energy Focus Movement 1:00 Mah Jongg</p>	<p>17</p> <p>10:00 Brain & Body Wellness Exercise</p>  <p>10:00 Dull Men's Club 1:00 Tune Timers</p>
<p>20</p>  <p>CLOSED Patriot's Day</p>	<p>21</p> <p>9:15 Line Dancing 10:30 Energy Focus Movement 12:00 Zumba Gold 1:00 Expressive Art Therapy Class***</p> 	<p>22</p> <p>9:30 Video Led Aerobics No 11am Yoga Today 12:00 Lunch***</p> 	<p>23</p> <p>9:00 Pilates 10:30 Energy Focus Movement 1:00 Mah Jongg</p> 	<p>24</p> <p>No 10am Wellness Class today 10:00 Dull Men's Club 12:00 Lunch & Learn*** In Sherborn</p>  <p>1:00 Tune Timers</p>
<p>27</p> <p>9:30 Coffee & Coloring 11:00 Yoga 12:00 Lunch***</p>  <p>1:00 Tai Chi 1:15 Games Day</p>	<p>28</p> <p>9:15 Line Dancing 10:30 Energy Focus Movement 12:00 Zumba Gold 12:00 Keefe Tech Special Lunch***</p>	<p>29</p> <p>9:30 Video Led Aerobics 11:00 Yoga</p>  <p>12:00 Lunch*** 12:00 SHINE***</p>	<p>30</p> <p>9:00 Pilates 9:30 Java with Jay*** 10:30 Energy Focus Movement 1:00 Mah Jongg 1:30 Senior Home Safety Program*** Closing at 3pm today</p>	<p>*** MEANS RESERVATIONS ARE REQUESTED IN ADVANCE. PLEASE CALL 508-429-0622</p> <p>EVENTS HIGHLIGHTED IN PURPLE ARE AGE/DEMENTIA FRIENDLY</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 Outreach Services at The Center for a confidential consultation. They can help you navigate applications for local, state and federal programs, connect you with benefits and services and provide community resources. 508-429-0622

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.



SPOONFULS PARTNERSHIP

The Center is now receiving a weekly delivery of fresh produce, prepared meals, dairy and more to support our neighbors in need of nutrition support. One bag per person. EVERY THURSDAY

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!

SOUND BATH PURPLE LOTUS JILL BRIANSKY, LICSW



March 19 at 11:00am

Sound healing is a therapeutic practice that uses sound vibrations to promote relaxation, balance, and healing in the body, mind, and spirit.

During the session, the practitioner utilizes instruments such as tuning forks, singing bowls, gongs, chimes, or their own voice to create soothing, harmonic frequencies. The experience is deeply calming, often inducing a meditative state that promotes inner peace and holistic well-being. Participants can be seated in a chair or on the floor.

This program is open to all and is age and dementia friendly.

Register at 508-429-0622

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. Please contact The Center at 508-429-0622 to apply.

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!

March 10 & April 14

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 LUNCHESES

SENIORS & VETERANS WELCOME



***March 15 at The Center Sign up at 508-429-0622**

***April 19 at Mission Springs Sign up at 508-893-8021**

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

SAINT PATRICK'S DAY LUNCHEON

WEDNESDAY, MARCH 18 12:00 TO 2:00PM

Corned Beef and Cabbage

Served with potatoes, carrots, and soda bread. Food catered by TJ's in Ashland.



Entertainment by the Elderly Brothers Music of the 50s & 60s and Saint Patrick's Day songs. Great Entertainment for Senior Centers and Assisted Living. Entertainment sponsored by Mary Ann Morse and The Senior Support Foundation.



Cost for the luncheon is \$10 a person. RSVP by March 5 by calling 508-429-0622



TALL SHIPS 2026

JULY 14



The year 2026 marks the 250th anniversary of our nation's founding in 1776—the United States of America's Semi- quincentennial.

Celebrate with a Best of Times Exclusive Package!!! Entertainment, Meal and Sail Around the Tall Ships aboard the Provincetown II.

Plated Brunch Menu at Danversport. Price is \$165pp and Includes Buffet Brunch, Meal Tax, Gratuity, Entertain & Harbor Cruise.

All sign up for trips are done on a computer of smart phone. If you need help let us know.

Flyer with full details is available.

Click here for flyer

Call 508-429-0622 to inquire.

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.
March 10 & April 14
Register at 508-429-0622

AGING WELL ADVOCATES, LLC

How an Aging Life Care Manager Can Help:

- Solve complex behavior issues.
- Address problems in senior living.
- When your loved one won't discuss their health.
- You live far away.
- You're unsure what to do. And more!

Call for a free consultation: 508-429-0622

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

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.



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!

March 26: "How to avoid and prevent senior fraud"
 Thoughtful estate planning creates a safety net that allows you to stay in control while reducing risk.

April 30: Options to pay for a nursing home" Learn more about different payment options in our workshop.
Register and receive the zoom link by calling 508-429-0622

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, Mar 4 & April 1
Please Register at 508-429-0622

FREE NOTARY SERVICE

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



SIGN UP FOR FREE TAX PREPARATION & 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.

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

EXPRESSIVE ART THERAPY CLASS

FACILITATED BY FRANCI DUMAR OF CLEAR GUIDANCE LLC.



Location: "The Center" in Holliston at 150 Goulding Street. March 17 and April 21 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. Reach out if you require an accommodation to participate.

Please call 508-429-0622 to sign up

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, March 27th: Cardio Drumming Sponsored by: The Willows of Medway

Fitness instructor Elaine from The Willows of Medway will lead a cardio drumming demonstration. This is one of the many programs offered in their Tapestry (Memory Care) program, which focuses on individual strengths and abilities while giving residents a sense of purpose. Lunch provided by The Willows of Medway.

Friday, April 24th: Documentary - Beyond Memory Loss: The Changing Science of Alzheimer's Disease

You won't want to miss this informative webinar exploring the science of dementia and Alzheimer's disease, including recent discoveries and evolving treatment approaches. Lunch provided by Jackson's Kitchen in Sherborn. Featured speaker is Dr. Victor Henderson, Professor of Epidemiology and Neurology at Stanford University and Director of the Stanford Alzheimer's Disease Research Center.

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

Please call 508-429-0622 to sign up

NORMAL AGING VS. MEMORY LOSS



WEDNESDAY, APRIL 8 AT 1PM

Differentiating between memory loss that is a natural part of aging and memory loss that is associated with early-stage dementia can be difficult for anyone. Please join Sarah Turcotte DP-NC, CDP, from Bridges by EPOCH for this special presentation, she will give tips and provide insight on recognizing the most common signs of early-onset dementia in the hope that more people can identify the symptoms, and the disease can be diagnosed and treated as early as possible..

Please call 508-429-0622 to sign up

HOME SAFETY WORKSHOP – FALL PREVENTION TIPS TO KEEP YOU SAFE AT HOME

THURSDAY, APRIL 30 AT 1:30PM

Please call 508-429-0622 to sign up

Join us for a free, informative workshop packed with smart, simple ways to help you stay safe and confident at home. Learn how to reduce fall risks, make your living space safer, and avoid unnecessary hospital visits. Small changes can make a big difference — come discover how to make your home a safer place to live!

Presented in partnership with Mary Ann Morse Home Care.



MARCH IS WOMEN'S HISTORY MONTH

LILLY

TUESDAY, MARCH 17 AT 1:30PM

Lilly is a 2024 American drama film produced and directed by Rachel Feldman and written by Feldman and Adam Prince. It stars Patricia Clarkson as Lilly Ledbetter as she battles the court case



Ledbetter v. Goodyear Tire & Rubber Co. Based on the true story of the life of Lilly Ledbetter. John Benjamin Hickey and Thomas Sadoski also star.

This PG13 film and is one hour and 33 minutes. The cost is \$5 and movie snacks will be provided.

Please call 508-429-0622 to sign up

LIONESS CLUB MEMBERS OF HOLLISTON PRESENTS

TUESDAY, MARCH 31 AT 1:30PM

Come and learn about the history of Lions leadership and how it has evolved since women were barred from becoming Lions for many years. We'll discuss the Lions of the past, the present, and where the organization is headed. Tuesday, **March 31 at 1:30pm.**



Please call 508-429-0622 to sign up

OUTSMART THE SCAMMERS

WEDNESDAY, MARCH 25 AT 1PM

Incidents of fraud are on the rise, and scammers' tactics are becoming more complex. This presentation will help give you the information you need to Outsmart the Scammers. During the program, we'll discuss how to spot certain red flags that may indicate a fraudulent encounter, resources you can turn to in the event you or loved ones are targeted and steps you can take to help protect yourself and loved ones.

Light refreshments provided.

**Todd Miller, CEPA®, CPRS™ Financial Advisor
Edward Jones Presenting**

Please call 508-429-0622 to sign up

KEEFE TECH LUNCH AT THE CENTER



New!



TUESDAY MARCH 24 & APRIL 28 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, March 24 at 12pm: Creamy Dijon Chicken, potatoes, vegetables, garden salad, rolls and dessert.**
- **Tuesday, April 28 at 12pm: Chicken Marsala, potatoes, vegetables, garden salad, rolls and dessert.**

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

Please sign up one week in advance: by March 17 and April 21 to reserve your spot by calling 508-429-0622

HOLLISTON COA
150 Goulding Street
Holliston, MA 01746

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Debbie Dupuis, Administrative Assistant

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Outreach Coordinator: TBA

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

COUNCIL ON AGING (COA)

BOARD OFFICERS

Lynne Bajdek, Chair
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