



**THE CENTER**

**ADDRESS**

150 Goulding Street  
Holliston, MA 01746

**PHONE**

508-429-0622

**WEBSITE**

<https://www.townofholliston.us/176/Senior-Center-The-Center>

**HOURS**

**MONDAY-FRIDAY**

9:00am to 4:00pm

**FOLLOW US**

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

**Important Dates**

**REMINDER**

**THE CENTER IS CLOSED**

**July 3 – Independence Day  
Holiday Observance**

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**



**JULY/AUGUST | 2026**

**THE 55+ CENTER  
COMMUNITY SCOOP**

**IMPORTANT  
ANNOUNCEMENT**

All payments for programs, meals and Center donations should be made via cash or checks payable to:

**THE CENTER HOLLISTON COA**

**DIRECTOR'S NOTE:**

In 1975, a children's television program called "Schoolhouse Rock!" debuted a segment with a song called "The Preamble" of the United States Constitution. I remember memorizing this song for a 5<sup>th</sup> grade civics project (which I can still sing on demand to this day).

As I reflect on our country's 250th celebration of Independence as a sovereign nation, I feel conflicting emotions of both pride for the progress we have achieved and disillusionment that we still have not fully realized the ideals and promises set forth by our founders so long ago. My hope for the future is that each one of us recommit ourselves to act with kindness and compassion in service to our neighbors and our communities.

"We The People" – three simple words that inspired a nation into existence.

Please join us for an ice cream social complete with a caricature artist. Learn something new at a cannabis presentation or how to preserve family memories. Explore your creative side in a painting class. Take care of your body in a wellness class!

Take good care, Cynthia

**GOOD AS NEW GARAGE SALE IS COMING!**

**SATURDAY, SEPTEMBER 12, 2026 - 9AM TO 3PM**

**RAIN OR SHINE**

**ALL PROCEEDS BENEFIT THE  
CENTER'S PROGRAMS,  
CLASSES & EVENTS**



**See Page 2 for More Information**

**SENIOR SUPPORT FOUNDATION**

As President of the Senior Support Foundation, I want to emphasize the importance of supporting our annual "Good as New" Garage Sale. While the Town of Holliston covers operating expenses, programming relies on our dedicated Senior Support Foundation and your support is vital for aiding Holliston's older adults.

**Contribute to the sale by:** making a monetary donation to SSF (checks payable to SSF or Senior Support Foundation) or donating household items, gift cards, products, services, or new raffle items.

We anticipate another successful sale and sincerely appreciate your generosity and commitment to strengthening our community!! **Warm regards, Neil Sevendsen, SSF President.**

**GOOD AS NEW GARAGE SALE IS COMING!**

All donated items must be in good or new condition and limited in size to fit inside the building or garage.

Donation drop off dates: **August 25 & 27 and September 1 & 3 from 10am to 1pm.**

Volunteers are needed to make this sale successful!!! Help is also needed on donation days **August, Friday, September 11 and Saturday, September 12** for set up, staffing sales areas, food preparation and service.

Please email Sheila to volunteer: sheiladjoslin@gmail.com

**All Fall Fair Meeting on Thursday, July 30 at 11am. All are WELCOME to attend!!**

**Donation Categories**

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



**Items NOT Accepted**

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



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

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

Pies, cookies, brownies or your own special recipe!

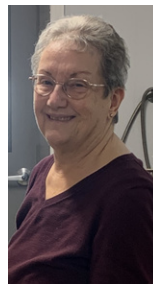
If baking is not your thing, we will gladly appreciate individual bags of chips or soda to sell.

**Donations of baked goods can be dropped off at The Center the day before the sale on Friday, September 11 between 9am to 3pm. Thank you!**



**VOLUNTEER SPOTLIGHT: KATHY LORING AND LARRY WISE**

Kathy Loring has been a dedicated volunteer at The Center for over a decade, managing the bookstore, leading the book club, assisting at the Fall Fair, serving lunch, and participating in the Senior Support Foundation. She started with an exercise class and gradually took on more roles. "The work is rewarding, and everyone is very nice," she says. As an avid reader, Kathy naturally manages book donations and organizes the monthly book club. "We need more volunteers, especially for fundraising," Kathy urges.



Larry Wise, Treasurer of the Senior Support Foundation, also encourages community involvement. Recruited nearly 20 years ago, Larry emphasizes the importance of representing Holliston's growing older adult population. Previously, Larry volunteered in athletics when his kids played sports and continues to serve on the Board of the Washington Street Players and at his temple. "It's easier when you're retired," he notes. "Volunteering is fun and fulfilling."



Kathy's and Larry's efforts at The Center are greatly valued.

## **CAN YOU HELP WITH THE COST OF THIS NEWSLETTER?**

**Do you enjoy receiving this newsletter?** We are asking for a \$15.00 donation per household to help us cover the cost of publicizing our programs.

**Make your check payable to: The Town of Holliston**

Mail it or drop it off at: The Center, 150 Goulding, Street Holliston, MA 01746.

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **Town:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Email Address:** \_\_\_\_\_

**If you want to receive the newsletter via email contact Laura at [parmensil@holliston.k12.ma.us](mailto:parmensil@holliston.k12.ma.us)**

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

**THANK 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.

**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! **No Class July 13, 15**

Some classes at Christ The King Church (CTK) at 600 Central St. See Calendar on pages 6 & 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!

**VIDEO AEROBICS**

**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 WITH FELICIA**

**TUESDAYS 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 2<sup>nd</sup> Tuesday of the each month.**

**NO class 7/14 & 8/11.**

**BRAIN & BODY WELLNESS WITH AMANDA**



**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).

**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. **Paused for the summer, July/Aug.**



**DULL MEN'S CLUB (DMC)**

**Fridays from 10 to 11am.**

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



**GAMES**

**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 own set.



**SHINE**



**Twice & sometimes Three times a month on WEDNESDAY**

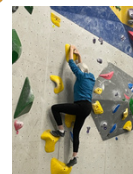
Confidential counseling on all aspects of Medicare and related health insurance programs.

**TRAILBLAZER CLUB**

**Planning Meeting the first Thursday of every month at 2:30**

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, as all are welcome to attend.



**TUNE TIMERS BAND**

**Fridays 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.

**July 7th:** What historical event would you have liked to witness firsthand?

**August 4th:** Are there any superstitions that you believe in?

Topics are suggestions; come with your writings.



## BOOK CLUB

### NO BOOK CLUB JULY AND AUGUST

During the summer months of July and August, there are NO book club meetings. Be sure to come back in September to check out The Center's fall book club offerings and to share your favorite summer reads!

## BOOKSTORE: OPEN DAILY 9-4PM

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 (all pieces & taped boxes)
- jewelry



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

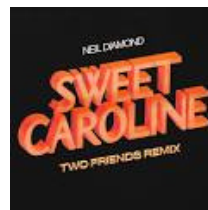
**WE DO NOT TAKE:** mismatched dishes, glasses or coffee cups. Also, men's or children's clothing, CDs, DVDs, records, pictures or picture frames, games, toys, yarn or fabric.

## BEST OF TIMES DAY TRIPS

**Neil Diamond and Friends:** Thursday, October 22nd

\$138 pp

Castleton Banquet Center- Windham, NH



**Beatlemania Again:** Thursday, November 12th

\$138 pp

Castleton Banquet Center- Windham, NH



**Christmas with Barry Manilow:** Thursday, December 3rd

\$142 pp

Danverport, Danvers, MA



**All prices include transportation, lunch, show, tax and gratuity.**

**All registrations are on-line. Call The Center at 508-429-0622 to see trip flyers are available.**

**Sign up using website link on flyer.**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Activities highlighted in purple are dementia/age friendly</b></p>		<p><b>1</b> 9:30 Video Aerobics 11:00 Yoga 12:00 <b>Lunch***</b> 1:30 <b>Watercolor Painting***</b></p> 	<p><b>2</b> 9:00 Pilates 10:30 Energy Focus Movement 1:00 Mah Jongg 2:30 Trailblazer Planning Meeting.</p> 	<p><b>3</b> <b>Center Closed for Independence Day!</b></p> 
<p><b>6</b> 9:30 Coffee &amp; Coloring 11:00 Yoga at CTK 12:00 <b>Lunch***</b> 1:00 Tai Chi 1:15 Games Day</p> 	<p><b>7</b> 9:15 Line Dancing 10:00 <b>Writer's Group</b> 10:30 Energy Focus Movement 12:00 Zumba Gold</p>  	<p><b>8</b> 9:30 Video Aerobics 11:00 Yoga at CTK 11:00 <b>SHINE</b></p>  <p>12:00 <b>Lunch***</b> 1:00 COA Meeting</p>	<p><b>9</b> 9:00 Pilates 10:30 Energy Focus Movement 11:30 <b>Jannibus Wellness Presentation***</b> 1:00 Mah Jongg</p> 	<p><b>10</b> 10:00 Brain &amp; Body Wellness Exercise 10:00 Dull Men's Club 1:00 Tune Timers</p>   
<p><b>13</b> 9:00 <b>Happy Feet***</b></p>  <p>9:30 Coffee &amp; Coloring 11:00 <b>NO Yoga</b> 12:00 <b>Lunch***</b> 1:00 Tai Chi 1:15 Games Day</p>	<p><b>14</b> <b>NO LINE DANCING</b> 10:30 Energy Focus Movement 12:00 Zumba Gold</p> 	<p><b>15</b> 9:30 Video Aerobics 0:00 <b>Audiology***</b> 11:00 <b>NO Yoga</b> 12:00 <b>Lunch***</b> 1:30 <b>Watercolor Painting***</b></p> 	<p><b>16</b> 9:00 Pilates 10:30 Energy Focus Movement 1:00 Mah Jongg</p> 	<p><b>17</b> 10:00 Brain &amp; Body Wellness Exercise 10:00 Dull Men's Club 1:00 Tune Timers</p>   
<p><b>20</b> 9:30 Coffee &amp; Coloring 11:00 Yoga at CTK 12:00 <b>Lunch***</b> 1:00 Tai Chi 1:15 Games Day</p> 	<p><b>21</b> 9:15 Line Dancing 10:30 Energy Focus Movement 12:00 Zumba Gold <b>1:00 Expressive Art Therapy***</b></p> 	<p><b>22</b> 9:30 Video Aerobics 11:00 Yoga at CTK 12:00 <b>Lunch***</b> 11:00 <b>SHINE***</b> 1:00 <b>Ice Cream Social***</b> <b>Dr. Cornfish Caricatures: limited to 25 sign ups</b></p>  	<p><b>23</b> 9:00 Pilates</p>  <p>10:30 Energy Focus Movement 1:00 Mah Jongg</p>	<p><b>24</b> 10:00 Brain &amp; Body Wellness Exercise 10:00 Dull Men's Club 1:00 Tune Timers</p>   
<p><b>27</b> 9:30 Coffee &amp; Coloring 11:00 <b>Yoga at The Center</b> 12:00 <b>Lunch***</b> 1:00 Tai Chi 1:15 Games Day</p> 	<p><b>28</b> 9:15 Line Dancing 10:30 Energy Focus Movement 12:00 Zumba Gold <b>12:00 Lunch and learn in Sherborn***</b></p>  <p><b>NEW DAY OF THE WEEK</b></p>	<p><b>29</b> 9:30 Video Aerobics 11:00 <b>Yoga at The Center</b> 12:00 <b>Lunch***</b> 1:00 <b>Preserving Family Memories***</b></p>  	<p><b>30</b> 9:00 Pilates 10:30 Energy Focus Movement 11:00 <b>Yoga at The Center</b></p>  <p>1:00 Mah Jongg</p>	<p><b>31</b> 10:00 Brain &amp; Body Wellness Exercise 10:00 Dull Men's Club 1:00 Tune Timers</p>   

**\*\*\* MEANS RESERVATIONS ARE REQUESTED IN ADVANCE. PLEASE CALL 508-429-0622**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>3</b></p> <p>9:30 Coffee &amp; Coloring 11:00 Yoga at CTK 12:00 <b>Lunch***</b></p>  <p>1:00 Tai Chi 1:15 Games Day</p>	<p><b>4</b></p> <p>9:15 Line Dancing 10:00 <b>Writer's Group</b></p>  <p>10:30 Energy Focus Movement 12:00 Zumba Gold</p>	<p><b>5</b></p> <p>9:30 Video Aerobics 11:00 Yoga at CTK 12:00 <b>Lunch***</b> 1:30 <b>Watercolor Painting***</b></p> 	<p><b>6</b></p> <p>9:00 Pilates 10:30 Energy Focus Movement 1:00 Mah Jongg 2:30 Trailblazer Planning Meeting</p> 	<p><b>7</b></p> <p>10:00 Brain &amp; Body Wellness Exercise 10:00 Dull Men's Club 1:00 Tune Timers</p> 
<p><b>10</b></p> <p>9:00 <b>Happy Feet***</b></p>  <p>9:30 Coffee &amp; Coloring 11:00 Yoga at CTK 12:00 <b>Lunch***</b> 1:00 Tai Chi 1:15 Games Day</p>	<p><b>11</b></p> <p><b>NO LINE DANCING</b> 10:30 Energy Focus Movement</p>  <p>12:00 Zumba Gold</p>	<p><b>12</b></p> <p>9:30 Video Aerobics 11:00 Yoga at CTK</p>  <p>11:00 <b>SHINE***</b> 12:00 <b>Lunch***</b> 1:00 COA Meeting</p> 	<p><b>13</b></p> <p>9:00 Pilates</p>  <p>10:30 Energy Focus Movement</p>  <p>1:00 Mah Jongg</p>	<p><b>14</b></p> <p>10:00 Brain &amp; Body Wellness Exercise 10:00 Dull Men's Club 1:00 Tune Timers</p> 
<p><b>17</b></p> <p>9:30 Coffee Coloring</p>  <p>1:00 Yoga/Pilates Mix Joni Subbing 12:00 <b>Lunch***</b> 1:00 Tai Chi 1:15 Games Day</p>	<p><b>18</b></p> <p>9:15 Line Dancing</p>  <p>10:30 Energy Focus Movement 12:00 Zumba Gold</p>	<p><b>19</b></p> <p>9:30 Video Aerobics 10:00 <b>Audiology Cleaning***</b></p>  <p>11:00 Yoga/Pilates Mix Joni Subbing 12:00 <b>Lunch***</b> 1:30 <b>Watercolor Painting***</b></p> 	<p><b>20</b></p> <p>9:00 Pilates 10:30 Energy Focus Movement 1:00 Mah Jongg</p> 	<p><b>21</b></p> <p>10:00 Brain &amp; Body Wellness Exercise 10:00 Dull Men's Club 1:00 Tune Timers</p> 
<p><b>24</b></p> <p>Center Open 9am to 4pm No Programs Running for Fall Fair Preparations</p>	<p><b>25</b></p> <p>Center Open 9am to 4pm No Programs Running for Fall Fair Preparations</p>	<p><b>26</b></p> <p>Center Open 9am to 4pm No Programs Running for Fall Fair Preparations</p>	<p><b>27</b></p> <p>Center Open 9am to 4pm No Programs Running for Fall Fair Preparations</p> 	<p><b>28</b></p> <p>Center Open 9am to 4pm No Programs Running for Fall Fair Preparations</p> 
<p><b>31</b></p> <p>Center Open 9am to 4pm No Programs Running for Fall Fair Preparations</p>	<p><b>Annual Fall Fair Saturday, September 12</b></p> <p><b>No programs 8/24 to 9/11</b></p>	<p><b>Please email Sheila to volunteer for the fair: <a href="mailto:sheiladjoslin@gmail.com">sheiladjoslin@gmail.com</a></b></p> 	 	

**DURABLE MEDICAL EQUIPMENT LOANS**

The Center loans durable medical equipment by appointment ONLY. All equipment MUST be cleaned & sanitized prior to returning.

The Center accepts donated equipment in CLEAN, LIKE-NEW condition with no stains, rips or missing hardware. If you can't use it, then neither can your neighbors. **Please call first!**

**SENIOR TAX WORK OFF PROGRAM**

The Town of Holliston has approved a program to help low-income older adults who meet certain eligibility requirements to lower their property taxes (by up to \$1500) by volunteering their time in the district in various roles.

Applications are available July 1st. This program is open to Town of Holliston residents ONLY.

**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!

**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.



**NEED HELP WITH CLUTTER?**

Are you interested in finding resources to assist yourself or a loved one with clutter? The Outreach Services at The Center have the solutions you need. Don't hesitate to reach out before clutter becomes overwhelming and turns into a larger concern.



**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 The Center's Outreach Services to complete the state application called: [CHAMP](#).

**HEALTHY INCENTIVES PROGRAM (HIP)**

**SNAP** participants receive an extra **\$40 per month** from May through October to purchase *fresh produce* at participating farmer's markets as long as they have money on their EBT card. Once used at a participating vendor, the money is returned to your EBT card. Visit a participating farmer's market at the beginning of the month to maximize this benefit!

**FARMER'S MARKET COUPONS - \$25**

Each year, The Center receives a limited number of Farmer's Market coupons for adults aged 60+ who meet income eligibility requirements. These coupons are typically available late July and can be used at several farmer's markets including Holliston, Hopkinton, Millis and more.



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

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 for more information.



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!

**On pause for July & August**

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 or pick up a copy at The Center. <https://www.townofholliston.us/176/Senior-Center-The-Center>

Each meal cost is \$5. Register at 508-429-0622

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**



**There will be NO Lion's Club lunches in July and August.**

Make sure to check out The Center's September newsletter for the fall lunch dates.

For information about the Lion's Club visit their website at [hollistonmalions.org](http://hollistonmalions.org)

## ICE CREAM SOCIAL

**WEDNESDAY, JULY 22 AT 1:00 PM**

Join us for a delightful ice cream social with caricature artist Alex Alderete from [Dr. Cornfish Caricatures](#).



This event is made possible through the generous support of the Senior Support Foundation and The Willows and Whitney Place at Medway.

**Please note:** Caricature sessions are limited to 25 people and require advance sign-up. When registering for the Ice Cream Social, let the receptionist know if you want a caricature session. Everyone is welcome to enjoy the ice cream! **Register at 508-429-0622.**



CARICATURES

**SALMON**  
HEALTH & RETIREMENT  
AT MEDWAY



**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, July 15 & August 19**

**Register at 508-429-0622**

**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 consultation  
508-429-0622**

**HAPPY FEET RN FOOT AND NAIL CARE CLINIC**



**2nd Monday of every month from 9am-3pm**

Offering full professional foot and nail care services, including routine nail trimming, callus reduction, and diabetic foot assessments for Holliston residents and The Center members. The cost is \$80 per 30-minute session, private pay by cash or check.

**To register or learn more call 508-433-0173  
or email: [hannah@happyfeetrn.com](mailto:hannah@happyfeetrn.com)**

**METROWEST MEDIATION**



MetroWest Mediation is a non-profit agency dedicated to helping community members resolve conflict in a productive manner. Some of their key programs include elder/family mediation which supports seniors and their adult children navigate important life transitions and eviction prevention.

**Please reach out to Li Morrison for an appointment at:  
[li@metrowestmediationservices.org](mailto:li@metrowestmediationservices.org)  
or call 508-960-9336**

**METROWEST VETERANS SERVICES**

If you know an elderly Holliston resident who is the surviving spouse of a wartime veteran, a valuable VA benefit may be available. It offers financial support for in-home services, helping them stay safely at home.

**Contact: Veterans Services Office  
508-429-0629 for more information.**



**FREE NOTARY SERVICE**

Shelly Schofield is providing notary services at The Center.

Please call The Center to make an appointment

**508-429-0622**



## EXPRESSIVE ART THERAPY CLASS

**FACILITATED BY FRANCI DUMAR OF CLEAR GUIDANCE LLC.**

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

**July 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. Expressive Arts is funded through the MCOA SIG Grant.



Register for free through the Sherborn Council on Aging at 508-651-7858, or [coa@sherbornma.org](mailto:coa@sherbornma.org).



**Option to call The Center 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 teamed up to present exciting programs, generously funded by the Bay State Federal Savings Bank Charitable Foundation.

**Announcement: New day of the week for the Sherborn Lunch and Learn**

**Tuesday, July 28 at 12:00-1:00 PM: Hand Drumming**

Did you know drumming can reduce stress, increase energy, lower blood pressure, and boost brain health? Join us for hand drumming with Neuroscientist, Kymberlee O'Brien. Drums are supplied, and lunch is provided by Jackson's Kitchen in Sherborn.



**No Lunch & Learn in August. See you again in September!**

**Location:** Sherborn Town Hall, 2nd floor, 19 Washington Street.  
**Register and RSVP for Lunch by calling 508-429-0622**

## AQUATIC CLASSES MONDAYS AT 11AM AND 12:15PM WILLOWS IN MEDWAY

**Two Classes: 11am and 12:15pm for Holliston Center Members from July 6 to August 31**

In collaboration with Willows Independent Living, we're offering a total body workout in an 88-degree pool for Center members. This class boosts endurance, strength, agility, coordination, balance, flexibility, and is appropriate for all abilities.

**Attire:** water-appropriate clothing; water shoes are recommended.

**Bring:** Towel and water.

**Access:** Hot tub, and changing rooms with showers.

If you're not a member, visit The Center to complete a membership form before your first class.

**Space is limited! Call 508-429-0622 to register.**



## JANNABIS WELLNESS HEMP CBD INFO PRESENTATION



**jannabis**  
WELLNESS

**THURSDAY, JULY 9 AT 11:30AM**

The presentation will introduce older adults to the cannabis plant and explore the role that CBD and cannabis-derived products may play in supporting overall wellness. It will review how cannabinoids may help address common concerns in aging populations, such as chronic pain, sleep challenges, anxiety, and appetite changes. Different modes of administration for using cannabis/CBD products, dosing, and how to select a safe product will be discussed. Additionally, the presentation will cover medication and safety considerations, including potential drug interactions. The goal is for participants to learn how to make informed and safe decisions while reducing stigma and confusion around cannabis medicine. Emily Bukovich MS, RDN, IFNCP Certified Cannabis Advisor presenting

**Register at 508-429-0622**

## PRESERVING FAMILY MEMORIES

**WEDNESDAY, JULY 29 AT 1PM**



Many of us have collections of old videotapes, photographs, and film reels filled with significant moments. However, over time, these formats can fade, deteriorate, or become hard to access.

This presentation explores how media types age, the risks they face, and how to safeguard them for future generations. We'll also cover simple ways to organize, share, and protect your memories, along with creative ideas for capturing personal stories as a lasting legacy for your family.



[Jeffrey Gordon from Home Video Studio-MetroWest presenting.](#)

**Register at 508-429-0622**

## WATERCOLOR PAINTING CLASS

**WEDNESDAY, JULY 1 & 15 AND AUGUST 5 & 19 AT 1PM**

Come connect with your innate creativity in a welcoming watercolor class! Discover or deepen your joy of painting as we explore color and brush control, create beautiful paintings at your own pace and enjoy the company of fellow art lovers.



No experience needed! Bring an open mind, a little curiosity and a willingness to make mistakes! Bringing an apron is recommended.

**Instructor:** Liz de Lemos

Liz is a lifelong expressive artist using a variety of mediums to paint, draw and write. Her work features bright colors and expressive movement, drawing inspiration from nature, biology and the emotional rhythms of life.



**Space is limited to 12 participants for these four classes, with a total fee of \$40 for all sessions.**

**Registration at 508-429-0622**

**HOLLISTON COA**  
150 Goulding Street  
Holliston, MA 01746

NON PROFIT  
US POSTAGE PAID  
PERMIT NO. 88  
Enfield CT

## THE CENTER STAFF

**Cynthia Listewnik, Director**  
x211 ~ listewnikc@holliston.k12.ma.us

**Laura Parmensi, Assistant Director**  
x218 ~ parmensil@holliston.k12.ma.us

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

**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  
Anne Huntington

### Associate Members:

Ellie Stackpole  
Sharon Thornton

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

## SENIOR SUPPORT FOUNDATION

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 held on the 3rd Thursday of the month at 9:30am.

All are welcome to attend.

## RESOURCES & INFORMATION

Holliston Pantry Shelf: 508-429-5392  
SNAP – Senior Helpline: 833-712-8027  
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