



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

THE CENTER IS CLOSED:

September 7 - Labor Day

October 2 - close at 1pm for
DEEP CLEANING

October 6 - close at 1pm

October 12 - Indigenous
People's Day

Registration for Sept/Oct
Programs Starts August 18

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

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

SEPTEMBER/OCTOBER | 2026

THE 55+ CENTER COMMUNITY SCOOP

THE CENTER HOLLISTON COA



GOOD AS NEW GARAGE SALE IS HERE!

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

RAIN OR SHINE

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



See page two for details! We hope to see you there!

HEALTH & WELLNESS FAIR

Tuesday, October 6th from 4-6pm

The Center is hosting our first Health & Wellness Fair featuring several partner organizations that serve older adults in our community. This free event is open to all Holliston residents who are interested learning more about the variety of programs and services available to help you live well.

More than 3 dozen vendors plan to participate including:

- [Aging Mind Wellness](#)
- [Aging Well Advocates](#)
- [Alzheimer's Association](#)
- [Angelika Atkinson](#)
- [Assisted Living Locators](#)
- [Blue Cross Blue Shield](#)
- [BrightStar Care](#)
- [Clear Guidance](#)
- [Cornerstone - Milford](#)
- [Dia Feliz](#)
- [Dull Men's Club/Trailblazers](#)
- [Edward Jones](#)
- [Habitat for Humanity](#)
- [Happy Feet RN](#)
- [Home Share Program](#)
- [Honor Home Care](#)
- [Mary Ann Morse Healthcare](#)
- [Metrowest Legal Services](#)
- [Metrowest Mediation](#)
- [MWRTA](#)
- [Missing Link Wellness](#)
- [Purple Lotus](#)
- [Residence at Valley Farm](#)
- [Rep. James Arena-DeRosa](#)
- [Right at Home Healthcare](#)
- [Salmon - Willows Medway](#)
- [SMOC](#)
- [SpOT on Therapy](#)
- [Springwell](#)
- [Still Care Consulting](#)
- [Town Departments](#)

A comprehensive list of vendors can be found on our website:
[The Center](https://www.townofholliston.us/176/Senior-Center-The-Center). <https://www.townofholliston.us/176/Senior-Center-The-Center>

LGBTQIA+ FRIENDLY



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 Svendsen, SSF President**

GOOD AS NEW GARAGE SALE IS HERE!

Donated items must be in good condition. Drop off dates: **September 1 & 3, 10am–1pm.** Volunteers are needed for donation days and sale preparations on **September 11 & 12.** Email Sheila to volunteer: sheiladjoslin@gmail.com.

Donation Categories

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

Baked Goods for Garage Sale should be dropped off Friday, September 11 from 9am to 3pm

Items NOT Accepted

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



VOLUNTEER SPOTLIGHT: JUDY & JOSEPHINE

Judy Blank and Josephine Zazulak both began volunteering at The Center after moving to Holliston. Judy relocated from Ridgefield, CT, to be near family, and Josephine moved from Framingham to a more accessible home. Both found community through volunteering.



Judy started with yoga at The Center, then helped at the Fall Yard Sale and the lunch program. She’s active in a Library Book Club, book transfers, and a knitting group. “I enjoy meeting people and making friends,” she said.

Josephine began volunteering with St. Mary’s church newsletter, and crocheting blankets for Milford Hospital. Soon after, she joined The Center’s newsletter folding and lunch server program, encouraged by Laura Parmensi. “I love it here,” she shared.



VOLUNTEER OPPORTUNITIES

The Center runs successfully because of dedicated and 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**

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

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 Begins with meditation and breathing exercises, then Tai Chi for balance, mobility and many health benefits.



ENERGY FOCUS MOVEMENT (EFM) WITH LINDA

Tues & Thurs 10:30am

Balance, energy, strength and stretching. All levels of abilities are welcomed.



YOGA WITH ROBERTA

Mon & Wed 11am-12pm

Yoga keeps you limber, boosts energy, and improves sleep. **No class 10/19 & 10/21.**



\$5 COST FOR ALL CLASSES

ALL DATES SUBJECT TO CHANGE SEE CALENDAR PAGES

ZUMBA GOLD WITH LOURDES

Tuesday 12pm

This class offers simple Zumba® choreography, focusing on cardiovascular fitness, muscular conditioning, flexibility, and balance. 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.

PILATES WITH JONI

Thursday 9am

Pilates focuses on core stability, strength, flexibility, posture, and breathing, with exercises for all levels.



LINE DANCING WITH FELICIA

Tuesday 9:15 AM

Whether you're new or experienced, join us for fun! Bring friends! No class the 3rd Tuesday of each month. No class on 9/22 & 10/20.



BRAIN & BODY WELLNESS (BBW)

WITH AMANDA

Friday AT 10am

A fun class to stay active, improve balance, and boost cognitive skills with physical exercises and brain activities.



BILLIARD ROOM

Open Daily, some restrictions may apply. **Beginner Pool Lessons Mondays 10:30am****

COLORING, COFFEE & CONVERSATION (CCC)

Monday 9:30-11:30am

Coloring, coffee and conversation with friends!



COFFEE WITH HPD

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 from 10 to 11am.

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

GAMES

Monday 1:15-3:45pm

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



MAH JONGG OPEN PLAY

Thursday at 1pm

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



SHINE

Wednesday

Confidential counseling on all aspects of Medicare and related health insurance programs. **Open Enrollment starts Oct 15 ends Dec 7.**



TRAILBLAZER CLUB

Planning Meeting the first Thursday of every month at 2:30pm. No meeting in September.

Co-ed Group for Active Older Adults. This group offers activities for all levels. Feel free to bring a friend—everyone is welcome!



TUNE TIMERS BAND

Friday 1:00-3:30

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



ALL DATES SUBJECT TO CHANGE SEE CALENDAR PAGES



WRITER'S GROUP

FIRST TUESDAY OF THE MONTH AT 10AM

Dates subject to change see calendar pages

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

September 15: a school memory (good or bad)

October 6: writer's free choice

Topics are suggestions; come with your writings.



BOOK CLUB

SECOND FRIDAY OF THE MONTH AT 1:30PM

Dates subject to change see calendar pages

September 18: "The Greatest Sentence Ever Written" by Walter Isaacson.

October 9: "The Irish Goodbye" by Heather Aimee O'Neil.

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

VISIT OUR GOOD AS NEW SHOP AND BOOKSTORE: OPEN MONDAY - FRIDAY 9-4PM



Accepting general **fiction only please**. Please no coffee table or oversized books! Books must have jackets and be in saleable condition (no brown spots)



We accept: clean, saleable small household items, women's clothing and shoes, complete puzzles, and jewelry.

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

Make checks payable to SSF. All Sales are final.

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

We do not accept:
mismatched dishes, glasses, coffee cups, men's or children's clothing, CDs, DVDs, records, pictures, picture frames, games, toys, yarn, or fabric.

BEST OF TIMES DAY TRIPS

- **Neil Diamond and Friends:** Thursday, October 22
\$138 pp *Castleton Banquet Center- Windham , NH
- **Beatlemania Again:** Thursday, November 12
\$138 pp *Castleton Banquet Center- Windham , NH
- **Christmas with Barry Manilow:** Thursday, December 3
\$142 pp *Danverport, Danvers, MA



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

Pick up a trip flyer or call to have it emailed to you 508-429-0622.

Sign up via the website link on the flyer.



BILLIARD LESSONS

MONDAYS AT 10:30AM



Do you want to learn to play pool? Here is your chance! This 6-week program teaches the basics of pool and is limited to 6 beginner participants.

First class is Monday, September 14 from 10:30 to 12pm. The last class is Monday, October 26.

NO Class on 10/12.

Register at 508-429-0622

SUPPORT HCAT TV

HCAT TV serves as an essential platform for local television access, delivering news, events, information and entertainment specifically curated for Holliston residents by Holliston residents. For many years, HCAT has been recording presentations and events at The Center and broadcasting them on local television, facilitating community engagement and highlighting these important resources.

Find out more about HCAT and how to support them on their website: <https://www.hcattv.org/>



HollistonHub
- HCAT -

Monday	Tuesday	Wednesday	Thursday	Friday
Fall Fair 9/12 & Health & Wellness Fair 10/6	1 ★ Limited Schedule Sept 1-11. Only programs listed will be in session. 9:15 Line Dancing 10:30 EFM 12:00 Zumba Gold	2 Exercise classes at 1750 Washington St. Lower level, drive around back. 11:00 Yoga 	3 9:00 Pilates 10:30 EFM 	4 10:00 Brain & Body Wellness Exercise 
7 Closed for Labor Day ★ Limited Schedule Sept 1-11. Only programs listed will be in session	8 Exercise classes at 1750 Washington St. Lower level, drive around back. 9:15 Line Dancing 10:30 EFM 12:00 Zumba Gold	9 11:00 Yoga 	10 9:00 Pilates 10:30 EFM 	11 Annual Fall Fair Saturday, September 12 Hope to see you there!! 
14 9:00 Happy Feet** 9:30 CCC (page 4) 10:30 Billiard Lessons**  11:00 Yoga 12:00 Lunch** 1:00 Tai Chi 1:15 Games Day	15 9:15 Line Dancing 10:00 Writer's Group 10:30 EFM 12:00 Zumba Gold 1:00 Expressive Art Therapy**	16 9:30 Video Aerobics 11:00 Yoga 11:00 SHINE** 12:00 Lunch**  1:00 COA Meeting 	17 9:00 Pilates 9:30 SSF Meeting 10:30 EFM 1:00 Mah Jongg 	18 10:00 Brain & Body Wellness Exercise 10:00 Dull Men's Club 11:30 Watercolor Painting Class** 1:00 Tune Timers 1:30 Book Club
21 9:30 CCC 10:30 Billiard Lessons**  11:00 Yoga 12:00 Lunch** 1:00 Tai Chi 1:15 Games Day	22 9:00 Breakfast** 10:00 Estate Attorney Consult** 10:30 EFM 12:00 Zumba Gold 	23 9:30 Video Aerobics 10:00 Audiology**  11:00 Yoga 12:00 Lunch**	24 9:00 Pilates 10:30 EFM 12:00 Senior Living Options** 1:00 Mah Jongg 	25 10:00 BBW 10:00 DMC 11:00 Lunch & Learn Sherborn** 11:30 Watercolor Painting Class** 1:00 Tune Timers
28  9:30 CCC 10:30 Billiard Lessons** 11:00 Yoga 12:00 Lunch** 1:00 Tai Chi 1:15 Games Day	29 9:15 Line Dancing 10:30 EFM 12:00 Zumba Gold 1:30 Join or Die Film Showing** 	30 9:30 Video Aerobics 11:00 Yoga 11:00 SHINE** 12:00 Lunch** 1:00 Sea Glass Art class** 	** MEANS RESERVATIONS ARE REQUESTED IN ADVANCE. PLEASE CALL 508-429-0622	ACTIVITIES HIGHLIGHTED IN PURPLE ARE DEMENTIA/AGE FRIENDLY

Monday	Tuesday	Wednesday	Thursday	Friday
	The Center is closing 10/6 at 1pm. Please join us 4 to 6pm for our Health & Wellness Fair	ACTIVITIES HIGHLIGHTED IN PURPLE ARE DEMENTIA/AGE FRIENDLY	1 9:00 Pilates 10:30 EFM 1:00 Mah Jongg 2:30 Trailblazer Planning Meeting 	2 10:00 BBW 10:00 DMC 11:00 Garden Craft** 11:30 Watercolor Painting Class** Center Closed at 1pm for Cleaning
5 9:30 CCC (page 4) 10:30 Billiard Lessons** 11:00 Yoga 12:00 Lunch** 1:00 Tai Chi 1:15 Games Day	6  9:15 Line Dancing 10 Coffee w/HPD 10 Writer's Group 10:30 EFM Close at 1pm 4-6pm Health & Wellness Fair	7 9:30 Video Aerobics 11:00 Yoga  12:00 Lunch** 	8 9:00 Pilates  10:30 EFM  1:00 Mah Jongg 	9 10:00 Brain & Body Wellness 10:00 Dull Men's 11:30 Watercolor Painting Class** 1:00 Tune Timers 1:30 Book Club 
12  Indigenous Peoples' Day We are CLOSED.	13 9:15 Line Dancing 10:30 EFM 1:30 Emergency Planning with Attorney Amy Azza** 	14 9:30 Video Aerobics 10:00 Audiology Cleaning** 11:00 Yoga 12:00 Lunch** 1:00 COA Meeting 	15 9:00 Pilates 10:30 EFM 1:00 Mah Jongg 12:00 All About Going Solar** 	16 10:00 BBW 10:00 Dull Men's 11:30 Watercolor Painting Class**  1:00 Tune Timers
19 9:00 Happy Feet** 9:30 CCC 10:30 Billiard Lessons** 12:00 Lunch** 1:00 Tai Chi 1:15 Games Day	20 9:00 Breakfast** 10:00 Estate Attorney Consult** 10:30 EFM 12:00 Zumba Gold 1:30 50+ Job Seekers** (Page 12) 1:00 Expressive Art**	21 9:30 Video Aerobics  11:00 SHINE** 12:00 Lunch** 	22 9:00 Pilates 9:30 SSF Meeting 10:30 EFM  1:00 Mah Jongg 	23 10:00 Brain & Body Wellness 10:00 Dull Men's  11:30 Watercolor Painting Class** 1:00 Tune Timers
26 9:30 CCC 10:30 Billiard Lessons** 11:00 Yoga 12:00 Lunch** 1:00 Tai Chi 1:15 Games Day	27 9:15 Line Dancing 10:30 EFM 12:00 Zumba Gold 12:00 Keefe Tech Lunch** 	28 9:30 Video Aerobics 11:00 Yoga 11:00 SHINE** 12:00 Halloween Luncheon** 	29 9:00 Pilates 10:30 EFM 1:00 Mah Jongg 	30 10:00 BBW 10:00 Dull Men's 11:30 Watercolor Painting Class** 11:00 Lunch & Learn Sherborn** 1:00 Tune Timers

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 only with no stains, rips or missing hardware.

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 now available at The Center & online. 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 unsafe clutter? The Center, in partnership with the Board of Health, received a grant from MCOA to support older adults who require professional guidance. 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** to purchase *fresh produce* at participating farmer's markets as long as they have any 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!



ENERGY ASSISTANCE

The heating season is November 1 through April 30.

Residents MUST make an appointment if they require assistance to apply.

SMOC processes these applications and determines approval for this program.

FY2026 Income Eligibility:
\$51,777 for 1 person
\$67,709 for 2 people

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 apply.

Currently ALL RIDES ARE FREE, funded through a TryTransit state grant!!



MONTHLY BREAKFAST TUESDAY

SEPTEMBER 22 AT 9AM

OCTOBER 20 AT 9AM

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



Each breakfast is \$5.00.

Veterans eat free!



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

Advanced Registration

Required

508-429-0622**

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 LUNCHEES

SERVING THE OLDER

ADULTS IN HOLLISTON

- **Sept 20, The Center:**
Register at 508-429-0622
- **Oct 18, Cole Court:**
Register at 774-233-0340

Doors open at 11:30 AM, lunch starts at noon. Meals are free! Typical menu: pasta, meatballs, salad, and dessert. Menu may change. We serve up to 1pm and there are no "take out" options.

Visit hollistonmalions.org for Lion's Club info.

HALLOWEEN LUNCHEON

WEDNESDAY, OCTOBER 28 AT 12PM



Join us for a Halloween Spooktacular luncheon with a hot delicious lunch made by the Executive Chef from Mary Ann Morse Healthcare in Natick. Menu TBA.



Entertainment: "Visionary Sound" featuring DJ Rayzor and Lady D. You do not need sight to have a vision. Come enjoy Halloween songs and make requests for music from the 60's, 70's & 80's.

- Cost: \$10 for the luncheon
- Please RSVP by: October 16



Register at: 508-429-0622**

KEEFE TECH LUNCH

TUESDAY, OCTOBER 27 AT 12PM



We are thrilled to announce our collaboration with the Keefe Tech Culinary Department! This partnership will provide healthy lunches for our members and valuable learning opportunities for students.

Keefe Tech Culinary students explore fields like culinary arts, catering, nutrition, and hospitality management. This program allows them to apply classroom knowledge in a real-world setting while fostering connections with older adults.



Cost is \$5. Register by 10/20 at 508-429-0622**

HEARING AID CLEANING



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

**Wednesday,
September 23 & October 14**

starting at 10:00AM

Register at 508-429-0622**



HAPPY FEET RN

FOOT AND NAIL CARE CLINIC



**One Monday each month 9am to 3pm
September 14 and October 19**

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.

- \$80 per 30-minute comprehensive session, pay by cash or check.

**To register or learn more call 508-433-0173
or email: hannah@happyfeetrn.com**

FREE NOTARY SERVICE



Shelly Schofield is providing notary services at The Center by appointment ONLY. Call **508-429-0622**

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 at 508-429-0629
for more information.**



ESTATE PLANNING & PROBATE QUESTIONS

new!



Free Estate Planning Consultations with local Attorney, Amy N. Azza. These free 30-minute consultations on estate planning, wills, trusts, health care proxies, durable powers of attorney, deeds, trustee certificates, declaration of homesteads, probate administration and more.

**On a Tuesday of each month 10am to 12pm
September 22 and October 20.**

Register at 508-429-0622**

METROWEST MEDIATION



METROWEST
MEDIATION

MetroWest Mediation is a dedicated non-profit organization focused on helping community members resolve conflicts in a constructive manner. Their key programs include Elder/Family Mediation, which assists seniors and their adult children during important life transitions, and Eviction Prevention, which provides resources to help individuals steer clear of eviction.

**For more information email:
info@metrowestmediation.org
or call 508-872-9495**

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.

Call to set up a free consultation 508-429-0622

**ALL DATES SUBJECT TO CHANGE
SEE CALENDAR PAGES**

EXPRESSIVE ART THERAPY FACILITATED BY FRANCI DUMAR OF CLEAR GUIDANCE, LLC.



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

September 15 & October 20

This program is a monthly program for adults with cognitive decline and their care partners. Each session features a different creative medium to encourage self-expression, emotional well-being and social connection.

Register by calling 508-651-7858 Sherborn COA at 508-651-7858 or coa@sherbornma.org. Reach out if you require an accommodation to participate.



**Option to call The Center to register at
508-429-0622****

FREE DEMENTIA-FRIENDLY LUNCH & LEARN

Friday, September 25, 11am

Creating a Serenity Garden

Join Therapy Gardens to make a small serenity garden to take home. It's simple, creative, and fun!

Friday, October 30, 11am

Medicare's GUIDE Program & Resources

Melinda Morle will present the Medicare GUIDE Program, a dementia care model offering assistance and respite benefits. Group discussion and resource sharing to follow.

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

The Holliston & Sherborn COAs have collaborated to present exciting programs, generously funded by the Bay State Federal Savings Bank Charitable Foundation.

WHAT'S YOUR STORY AND WHY TELLING IT MATTERS

TUESDAY, OCTOBER 20 AT 1:30PM



Knowing your story, and being confident in telling it, will allow you to pave your own yellow brick road. 50+ Job Seekers career counselor George Armstrong will help you tap into your history and express your skills, accomplishments, values and mindset to influence your audience.

Register at 508-429-0622**

CELEBRATE THE BEAUTY OF AUTUMN WITH THE HOLLISTON GARDEN CLUB

FRIDAY, OCTOBER 2 AT 11AM

Enjoy a creative autumn crafting experience! We'll transform mini pumpkins into stunning decorations with autumn-themed embellishments. Whether you're experienced or just seeking fun, you'll leave with a unique pumpkin for your home.

Register at 508-429-0622**

AQUATIC CLASS

MONDAYS AT 11AM WILLOWS IN MEDWAY FROM SEPT 14 THROUGH OCT 26

The class is at 11am and is for Holliston Center Members

In collaboration with Willows Independent Living, we're offering a total body workout in an 88-degree pool for The 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 drinking 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****

No class on October 12 for Indigenous People's Day.



EMERGENCY PLANNING

TUESDAY, OCTOBER 13 AT 1:30PM

Attorney Amy N. Azza is hosting a seminar on how to create an emergency medical folder, what to include in them, and how to draft all the documents. Each attendee will receive their own emergency medical folder to bring home.

A FREE lunch will be provided.

Register at 508-429-0622**



GO SOLAR? PRESENTATION

THURSDAY, OCTOBER 15 AT 12PM

Join Holliston's Sustainability Manager, Ameilia for a lunch & learn with Q & A time to discuss all about going solar on your home. How does solar power work...

- As a technology
- In Massachusetts
- Residential process
- Alternatives to solar

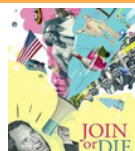
Register at 508-429-0622**



JOIN OR DIE DOCUMENTARY

TUESDAY, SEPTEMBER 29 AT 1:30PM

The Center and Dia Feliz present an award-winning documentary, "Join or Die," to the Holliston community. This film explores the importance of joining a club and its significance for the future of America.



This documentary chronicles the half-century decline of civic engagement in the United States through the lens of renowned social scientist **Robert Putnam**. His groundbreaking research in "*Bowling Alone*" reveals a significant decrease in community connections, which may hold the key to addressing our democracy's current challenges.

A FREE Lunch will be provided, bring a friend.

Register at 508-429-0622**

LIVING OPTIONS & HOME CARE

THURSDAY, SEPTEMBER 24 AT 12PM

An informational session on navigating all the different options in senior living communities and what to know when hiring a home care agency.

- Review of ILF, ALF, MC, Adult Day, Memory Cafe, Rehab and skilled nursing and nursing homes
- Brief review of Medicare and what that covers
- Benefits of using an established home care agency, what they can and cannot provide, and legal considerations.

A FREE Lunch will be provided.

Register at 508-429-0622**

WATERCOLOR PAINTING CLASS

FRIDAYS AT 11:30AM

Unleash your creativity in a friendly watercolor class! Whether you're new or experienced, explore color, brush control, and create stunning artworks while enjoying the company of fellow enthusiasts. No prior experience needed; just bring an open mind and curiosity. An apron is recommended.

Instructor Liz de Lemos is an expressive artist inspired by nature and life's rhythms.

Space is limited to 12 participants, the cost is \$10 per class and is 1 hour.

Register at 508-429-0622**



SEA GLASS ART CLASS

WEDNESDAY, SEPTEMBER 30 AT 1PM

Sponsored by The Residence at Valley Farm

A freestyle craft session to let your creativity shine! Design your own unique piece using a variety of stencils. **Provided:** prepared window, seashells, sand, and colored glass. Bring your sea glass, optional.



The Art Lab & Gallery is not responsible for injuries during classes. Materials and frame styles may vary, and minor imperfections are part of the artistic process. **Register at 508-429-0622** Due to curing time, collect your piece the next day.**



HOLLISTON COA
150 Goulding Street
Holliston, MA 01746

NON PROFIT
US POSTAGE PAID
PERMIT NO. 88
Enfield CT

THE CENTER STAFF

Cynthia Listewnik, LCSW – 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:

Welcome New Driver Roger Bayley.

Scott Babitts, Bruce Connolly, Rick McLaughlin, Ron Turcotte & Stephen Whitermore



SENIOR SUPPORT FOUNDATION

The Senior Support Foundation (SSF) a 501(c)(3) is a 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. **Dates Subject to change, see calendar pages.**

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 generally the second Wednesday of the month at 1:00pm.

RESOURCES & INFORMATION

Alzheimer's Association Helpline: 800-272-3900
Behavioral Helpline: 833-773-2445
Call2Talk Mental Health Hotline: Dial 988
Domestic Violence: 508-626-8686
Essential Community Resources: Dial 211
Elder Abuse Anonymous Report: 800-922-2275
Holliston Pantry Shelf: 508-429-5392
Metrowest SHINE Callback: 781-453-8076
Poison Control: 800-222-1222
SAGE LGBTQ+ Hotline: 877-360-5428
SNAP – Senior Helpline: 833-712-8027