



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:

November 11 – Veteran's Day

November 26 & 27 –

Thanksgiving

December 25 – Christmas

Sign up for Nov/Dec Programs

Monday, October 19

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.

LGBTQIA+ FRIENDLY



NOVEMBER/DECEMBER | 2026

THE 55+ CENTER COMMUNITY SCOOP

THE CENTER HOLLISTON COA

As we sprint through Fall eager to enjoy “forced family fun” during upcoming holidays and celebrations of the season, I hope folks can see and feel the many exciting changes taking place at The Center: new staff, new programs, new services, new carport, and more to come! We are very thankful to our community partners for their steadfast support of the robust programs & services we offer to older adults and their families. Building an inclusive community and supportive relationships are central to our mission and values.

Cynthia S. Listewnik, Director

Welcome New Staff!



Susan O'Connor, M.Ed joined the Center in September as the new Outreach Coordinator. Recently, she served as the Outreach Coordinator at the Medway Senior Center and as the Resident Services Coordinator for the Medway Housing Authority. She has a BA in Psychology from Salem State and a Master of Education in Orientation & Mobility from UMass Boston. She comes to us with a great deal of experience and a dedication to serving older adults.

Allegra Denehy, LCSW, joins The Center staff as our new Counseling and Support Social Worker. She is a licensed social worker with over 15 years of experience serving the Holliston community in various capacities, most recently as the Outreach Coordinator at HYFS. Allegra holds a BA from Clark University and an MSW from Boston College. She will be offering individual short-term counseling, caregiver support groups, and various workshops focusing on wellness.



Spoonfuls Food Donation Schedule Nov & Dec

Regular weekly donations on Thursdays except the following dates: **Tues. Nov 24th, Tues. Dec 8th, & Tues. Dec 22nd.**

No delivery the last week of December.



spoonfuls

CHECKS PAYABLE TO?

When writing a check to pay for classes, programs, lunch, luncheons etc.... make check payable to:

The Center Holliston COA.

Paying by check in the Bookstore & Good as New Shop make checks out to: **Senior Support Foundation (SSF)**



GRANTS & EARMARKS

Did you know that The Center staff routinely applies for grants to support the programs & services we provide to the community and to make facility improvements?

The Select Board and Town Manager advocated for **2 Earmarks** from the Commonwealth to address unmet needs as at The Center:

- **\$48K** to improve ADA accessible entrances and includes the installation of automatic door openers for the bathrooms.
- **\$25K** to provide mental health counseling & support programs.

In addition, The Center received a **\$6300** grant through a competitive process from the Massachusetts Council on Aging (MCOA) to address Hoarding Disorder in our community.

Lastly, we received a **\$2500** competitive grant from the Massachusetts Cultural Council for a Grandparents Day Celebration which we will be planning for Summer 2027.

THE CENTER STAFF

Cynthia S. Listewnik, LCSW
Director

x211 ~ listewnikc@holliston.k12.ma.us

Laura Parmensi
Assistant Director

x218 ~ parmensil@holliston.k12.ma.us

Susan O'Connor, M.Ed.
Outreach Coordinator

x212 ~ oconnorsusan@holliston.k12.ma.us

Allegra Denehy, LCSW
Counseling & Support Social Worker

x214 ~ denehya@holliston.k12.ma.us

Debbie Dupuis
Administrative Assistant/Transportation

x216 ~ dupuisd@holliston.k12.ma.us

Van Drivers: Ron Turcotte, Bruce Connolly, Stephen Whitermore, Scott Babitts, Rick McLaughlin & Roger Bayley



DINNER & A SHOW AT HHS

WEDNESDAY, NOVEMBER 18 AT 6PM

Senior Holliston residents are invited to join Theatre 370 & National Honor Society for a performance of Disney's **The Little Mermaid** at Holliston High School. Based on one of Hans Christian Anderson's most beloved stories and the classic Disney animated film, it is a love story for the ages. Click [HERE](#) register or call **508-429-0622**.



TRANSPORTATION - COME RIDE WITH US!

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 – Friday from **9:00AM to 3:00PM**.

Participants **MUST** register with MWRTA and set up a "fare account" before using this service.

Please contact Debbie Dupuis at The Center at 508-429-0622 to get started!

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



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 Center Holliston COA



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!



SENIOR SUPPORT FOUNDATION

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

- Acapulco's
- Anthony's On The Green
- Ashland Nutrition
- Ashland Ale House
- Bazel's Pizza
- Big Y
- Blue Moon Cafe
- Candy Cottage
- Casey's Public House
- Cote Automotive
- Crafted
- Debra's Flowers
- Dunkin Donuts
- Fiske's General Store
- Gaetano's Bakery
- Holliston Jewelers
- Holliston True Value
- Holliston Oil Service
- Jack's Abby Brewery
- Jack's Automotive
- Jersey Mike's
- Marathon Deli
- Medway Café
- Muffin House Café
- Northern Mgmt Group
- Outpost Farm
- Outback Steakhouse
- Paris Baguette
- PJ's Smoke & Grill
- PR Restaurant LLC
- Raillery Public House
- Rail Trail Flatbread
- Renaissance Home & Gift
- R & R Landscaping
- Restaurant 45
- Robin Hood Boutique
- Roche Bros
- Salone de Bella
- Sol De Mexico
- Soul Spirit Studio
- Southwick Zoo
- Spiller's Automotive
- Starbucks
- Shaw's
- Table Top Pizza
- Tavern In The Square
- Tj's Food & Spirits
- The Corner Market
- The Wine House
- Trader Joe's
- Uno's
- Whole Foods
- 110 Grill

To anyone we may have inadvertently overlooked, please know that your support is deeply appreciated and has not gone unnoticed!!



SENIOR SUPPORT FOUNDATION



VOLUNTEER SPOTLIGHT: NANCY & AL

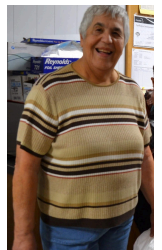
Siblings Find Joy in Volunteering at The Center: Nancy and Al, retired from banking and teaching, have found joy volunteering at The Center.

Since 2014, Nancy has helped with lunches and holiday events and joined the Senior Support Foundation, aiding its annual Fall Sale.

In 2021, Al became known as the “pancake guy” at the monthly breakfasts. He also serves as the SSF secretary, helps manage the Fall Sale and Al also makes weekly trips to neighboring grocery stores to collect baked goods.

This duo enjoys helping others. Nancy shares, “I like the laughs, and the people appreciate what you do.”

Newly retired and seeking meaningful connections?
Contact Laura Parmensi at 508-429-0622



TAI CHI WITH ROBIN



Monday 1-2pm Begin with meditation, breathing exercises, then Tai Chi for balance and lower blood pressure.

ENERGY FOCUS MOVEMENT (EFM) WITH LINDA



TUES & THURS 10:30am

Balance energy and strength—maintain flexibility. Linda customizes your moves.

YOGA WITH ROBERTA



MON & WED 11am-12pm

Yoga keeps you limber, boosts energy, and improves sleep.

ZUMBA GOLD WITH LOURDES

TUESDAY 12pm
Simple Zumba® choreography, focusing on cardiovascular fitness, muscular conditioning, flexibility, and balance. Exercise in disguise!

CHAIR YOGA & YOUR BRAIN

WEDNESDAY 9:30AM **NEW**

Whether you're looking to improve balance, sharpen your mind, or simply enjoy an accessible movement class, Chair Yoga & Your Brain is a welcoming environment for participants of all abilities.

VIDEO AEROBICS



WEDNESDAY 9:45am

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

TUESDAYS 9:15 AM

Whether you're new or experienced, join us for fun!

Not on all Tuesdays, See Calendar!

BRAIN & BODY WELLNESS WITH AMANDA



FRIDAYS AT 10am

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

ALL CLASSES COST \$5

BILLIARD ROOM



Monday through Friday

9am to 4pm (restrictions may apply).

The Center has two Holliston Billiard teams that play Tournaments every Spring and Fall. Call to find out more.

COFFEE W/ HOLLISTON POLICE (CHPD) 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)

Fridays from 10 to 11am.

Meet other men from the community for conversation, socialization, 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 WITH FRAN



On Wednesdays. See calendar for the dates.

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

COLORING, COFFEE & CONVERSATION (CCC)



Mondays 9:30-11:30am

Coloring, coffee and conversation with friends!

TRAILBLAZER CLUB

Planning meeting the first Thursday of the month at 2:30.

A 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



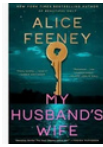
BOOK CLUB

SECOND FRIDAY OF THE MONTH

November 13: "Ordinary Grace"
by William Kent Krueger.



December 11: "My Husband's Wife"
by Alice Feeney



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

WRITER'S CLUB

FIRST TUESDAY OF THE MONTH AT 10AM



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

November 3: Share the harvest of things you've learned this year

December 1: What brings you comfort on a cold winter's day?

Topics are suggestions, come with your writings.

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

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!!

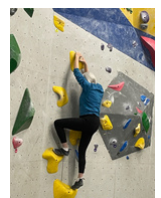
**EVERYONE IS
WELCOME TO SHOP
AT THE GOOD AS NEW
SHOP & BOOKSTORE!**

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.

THE TRAILBLAZER'S

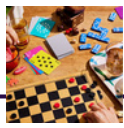
JOIN THE TRAILBLAZER'S!

Do you enjoy hiking, biking, or other outdoor activities? How about visits to museums, gardens, and other cultural sites? Looking for someone to do these things with? We've got you covered! Activity levels vary so don't be intimidated. Sign up for the Trailblazers monthly email list to find out about upcoming events – no obligation. Pick and choose what interests you and join the fun! **Planning Meetings 1st Thursday of each month at The Center at 2:30pm: Nov 5 & Dec 3.**



Monday	Tuesday	Wednesday	Thursday	Friday
2 9:30 Coffee & Coloring 11:00 Yoga  12:00 Lunch** 1:00 Tai Chi 1:15 Games Day	3 ELECTION DAY Please vote! No Line Dancing 10:00 CHPD 10:00 Writers Club 10:30 EFM 12:00 Zumba Gold	4 9:45 Video Aerobics 9:30 Chair Yoga & Your Brain 10:00 Audiology** 11:00 Yoga 12:00 Lunch** 1:00 COA Meeting	5 9:00 Pilates 10:30 EFM 1:00 Mah Jongg 1:00 AARP: The Scam Landscape** 2:30 Trailblazer Planning Meeting	6 10:00 Brain & Body 10:00 Dull Men's 11:30 Watercolor** 11:30 Smithsonian Collection** 1:00 Tune Timers
9 9:30 Coffee & Coloring 10:00 SHINE** 11:00 Yoga 12:00 Lunch** 1:00 Tai Chi 1:15 Games Day	10 9:00 Breakfast** 11:00 Tour** (page 17) 10:30 EFM 12:00 Zumba Gold 1:00 Wood Craft** 1:00 Bereavement Group**	11 Closed for Veterans Holiday 	12 9:00 Pilates 10:30 EFM 1:00 Mah Jongg 2:30 White Mountain Tours** (virtual via Zoom with Brian)	13 9:00 Vet Briefing** 10:00 Brain & Body 10:00 Dull Men's 10:00 SHINE** 1:00 Tune Timer's 1:30 Book Club
16 9:30 Coffee & Coloring  11:00 Yoga 12:00 Lunch** 1:00 Tai Chi 1:15 Games Day	17 9:15 Line Dancing 10:00 Estate Attorney Consult** 10:30 EFM 12:00 Zumba Gold 1:00 Expressive Art Therapy**	18 9:45 Video Aerobics 9:30 Chair Yoga & Your Brain 11:00 Yoga 10:00 SHINE** 12:00 Thanksgiving Luncheon** 	19 9:00 Pilates 9:30 SSF Meeting  10:30 EFM 1:00 Mah Jongg	20 10:00 Brain & Body 10:00 Dull Men's 11:30 Watercolor** 11:00 Lunch & Learn** 1:00 Tune Timers
23 9:30 Coffee & Coloring 11:00 Yoga 12:00 Lunch**  1:00 Tai Chi 1:15 Games Day	24 9:15 Line Dancing 10:30 EFM 12:00 Zumba Gold 1:00 Bereavement Group** 	25  9:45 Video Aerobics 9:30 Chair Yoga & Your Brain 11:00 Yoga 12:00 Lions Club Delivery Lunch** Closing at 12pm Today	26 Closed for Thanksgiving Holiday 	27 Closed for Thanksgiving Holiday 
30 9:30 Coffee & Coloring 11:00 Yoga 12:00 Lunch** 1:00 Tai Chi  1:15 Games Day	 Daylight savings time begins on Saturday, Nov. 1	ELECTION DAY IS NOVEMBER 3RD! HHS- 7AM-8PM 	VFW & AMERICAN LEGION Lunch on Sunday, Jan. 10th. PRE-REGISTER by January 4TH. See page 14 for more details.	Activities highlighted in purple are dementia & age-friendly

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

Monday	Tuesday	Wednesday	Thursday	Friday
Activities highlighted in purple are dementia & age friendly	1 9:15 Line Dancing 10:00 CHPD 10:30 EFM 10:00 SHINE** 10:00 Writer's Club 12:00 Zumba Gold 1:30 Springwell**	2 9:45 Video Aerobics 9:30 Chair Yoga & Brain Class 11:00 Yoga 10:00 SHINE** 12:00 Lunch** 1:00 Caption Call**	3 9:00 Pilates 10:30 EFM 1:00 Mah Jongg 2:30 Trailblazer Planning Meeting 	4 10:00 Brain & Body Wellness 10:00 Dull Men's 11:30 Watercolor** 1:00 Tune Timers 
7 9:30 CCC (page 4) 11:00 Yoga 12:00 Lunch** 1:00 Tai Chi 1:15 Games Day 	8 9:00 Breakfast** 10:30 EFM 12:00 Zumba Gold 1:00 Bereavement Group** 1:30 Isolation & Loneliness**	9 9:45 Video Aerobics 9:30 Chair Yoga & Brain Class 10:00 Audiology** 11:00 Yoga 12:00 Lunch** 1:00 COA Meeting	10 9:00 Pilates 10:30 EFM Closing from 11am to 1pm 1:30 Mah Jongg	11 10:00 Brain & Body 10:00 Dull Men's 11:00 Boxwood Craft Project** 11:30 Watercolor** 1:00 Tune Timers 1:30 Book Club
14 9:30 CCC (Page 4) 11:00 Yoga 12:00 Lunch** 1:00 Tai Chi  1:15 Games Day	15 9:15 Line Dancing 10:00 Estate Attorney Consult** 10:30 EFM 12:00 Zumba Gold 12:00 Keefe Tech Lunch** 1:00 Art Therapy**	16 9:45 Video Aerobics 9:30 Chair Yoga & Brain Class 11:00 Yoga 12:00 Holiday Luncheon** 	17 9:00 Pilates 9:30 SSF Meeting 10:30 EFM 1:00 Mah Jongg 	18 10:00 Brain & Body Wellness 10:00 Dull Men's 11:30 Watercolor** 1:00 Tune Timers 
21 9:30 Coloring, Coffee & Conversation 11:00 Yoga 12:00 Lunch** 1:00 Tai Chi 1:15 Games Day	22 9:15 Line Dancing 10:30 EFM Spoonfuls 11am-1pm 12:00 Zumba Gold 1:00 Bereavement Group**	23 9:45 Video Aerobics 9:30 Chair Yoga & Brain Class  11:00 Yoga 12:00 Lunch**	24 Closing at 12pm Today 9:00 Pilates 10:30 EFM 12:00 Lions Club Roast Beef Delivery Lunch**	25 Closed for CHRISTMAS 
28 Closed for Renovations	29 Closed for Renovations	30 Closed for Renovations	31 Closed for Renovations	NO SPOONFULS THIS WEEK!

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

The HOME ENERGY ASSISTANCE PROGRAM (HEAP)

by SMOC runs from November 1st to April 30th, offering heating bill assistance to eligible households. Recipients can also access additional resources like Weatherization Services and the Appliance Management Program. Appointments are required, so please call ahead.

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)

Did you know SNAP can assist in purchasing healthy food? Older adults earning under \$2,608 monthly (or \$3,525 for couples) may qualify. EBT cards function like debit cards in stores and online. Sign up today!

DURABLE MEDICAL EQUIPMENT

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. **Please call first!**

AFFORDABLE HOUSING OPTIONS

Applying for public or community housing can take time. Keep in mind that Massachusetts has limited affordable housing and long waitlists. Contact The Center's Outreach Services to complete the **CHAMP** application.

NEED HELP WITH CLUTTER?

Are you seeking resources for managing clutter? Outreach Services can help. Contact us before clutter becomes overwhelming.

GIFTS FOR THE HOLIDAYS



The Center and Girl Scout Troop #62493 are collecting donations for homebound older adults, to be delivered by National Honor Society Students on December 17th. Acceptable donations include: Gift Cards from local businesses ♥ boxes of herbal tea ♥ small boxes of chocolate ♥ crossword books & puzzles ♥ small unscented hand lotions ♥ eyeglass cleaning cloths. If you are a Holliston resident in need, contact Susan O'Connor to receive a holiday gift. Donations can be dropped off at various locations in town.

MEDICARE GUIDE PROGRAM

The GUIDE Model (Guiding an Improved Dementia Experience) is a specialized Medicare program designed to improve quality of life for people living with Alzheimer's disease or related dementias and to support their caregivers. It provides free care navigation, caregiver support, respite services, and coordinated dementia care for eligible original Medicare beneficiaries.



SENIOR SAFE PROGRAM

This fire and fall prevention program offers grab bars and detectors for older adults at no cost, thanks to a partnership with the Holliston Fire Department and the Massachusetts Senior SAFE grant. Note: hard-wired detectors are excluded.



SENIOR TAX WORK-OFF

The Town of Holliston has a program to assist low-income older adults in reducing their property taxes by up to \$1,500 through volunteer work. (exclusively for Holliston residents.)

Contact Susan O'Connor, Outreach Coordinator, for a confidential consultation. She can help you navigate applications for local, state and federal programs, connect you with benefits and services and provide community resources.
(508) 429-0622

Contact Counseling and Support Services at The Center for a confidential consultation.

Allegra Denehy, LCSW
508-429-0622 X214

Denehya@Holliston.k12.ma.us

My office is located in the computer room.
Come by and say hello!

**NEW**

The Center is now offering FREE and CONFIDENTIAL:

- Individual short-term counseling
- Caregiver support groups
- Grief/Bereavement groups

Digital newsletter subscribers:
Please click the link and complete this brief survey to help us better serve Holliston seniors and understand what matters most to you.



Caregiver Support Group Survey

CLICK HERE

Paper copies available at The Center

Individual Counseling Services

Call for an appt.

- Short term, one-on-one counseling with a licensed social worker
- Support in navigating life transitions
- A private, judgement-free space no topic too small
- Access to other support referrals



Caregiver Support Groups

Day and time TBD

- A safe space to express frustrations, grief, or worry without judgment
- Practical tips from others who've faced similar caregiving situations
- Reduced feelings of isolation and burnout
- Access to resources (respite care, financial assistance, medical referrals)

Grief and Bereavement Groups

2nd and 4th Tuesdays of the Month
November 10 & 24
December 8 & 22
1pm-2:30pm

Facilitated by Jay Maenhout who serves as the Bereavement Coordinator for West River Hospice. This gathering offers a safe, welcoming space for those navigating grief or loss. Through quiet conversation and shared presence, we come together in care and understanding.

- All are welcome, and participation is optional at every level.
- Registration required

PLEASE PRE-REGISTER FOR ALL PROGRAMS BELOW BY CALLING 508-429-0622

MONTHLY BREAKFAST

- 11/10/26 AT 9AM
- 12/8/26 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.

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.

During your birthday month one FREE lunch is provided to help you celebrate. Excludes special luncheons. One FREE lunch per person PLEASE!!

LIONS CLUB LUNCHESES

**SERVING THE OLDER
ADULTS IN HOLLISTON**

- **Nov 25 Thanksgiving**
Dinner-Delivery Only.
Register at 508-429-0622
- **Nov 28 at Mission Springs**
Register at 508-893-8021
Pasta, Meatballs & Salad at 12pm. No "To Go" Options
- **Dec 24 Roast Beef Dinner-**
Delivery Only.
Register at 508-429-0622

Visit hollistonmalions.org for Lions Club info.

THANKSGIVING LUNCHEON

WEDNESDAY, NOVEMBER 18 AT 12PM

Join us for a traditional and delicious Thanksgiving meal from Outpost Farm.



Entertainment: Longtime New England musician & author Matt York will perform some classic country and Americana music including some autumn-themed favorites by artists like Johnny Cash, Willie Nelson, Neil Young, Van Morrison. and more. York has twice been nominated for the Boston Music Award for Best Country Artist, and he recently released his second book, The Wisdom of Willie Nelson.



The cost is \$10.

HOLIDAY LUNCHEON

WEDNESDAY, DECEMBER 16 AT 12PM

Join us for a Holiday lunch with a variety of songs from the Tune Timers Band. There will be plenty of food, conversations, music and fun for all to celebrate the holiday season.



The food will be from Juliana's Catering & Events from Sudbury and the menu will be announced soon. **The cost is \$10**



VFW & AMERICAN LEGION LUNCH

SUNDAY, JANUARY 10 AT 12PM

Join the VFW and American Legion for a lunch at The Center. The menu is roast beef, mashed potatoes, vegetable, salad, rolls, dessert, soft drinks, water and coffee.

The last day to sign up will be Monday, January 4th and space is limited, so start signing up by Monday, October 19th.



HEARING AID CLEANINGS

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

Wednesday, November 4 & December 9 starting at 10am. Register at 508-429-0622

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

Quarterly on a Monday from 9am to 3pm
Offering full professional foot and nail care services, including routine nail trimming, 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 ask questions call 508-433-0173 or email: hannah@happyfeetrn.com

**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.

ESTATE PLANNING & PROBATE QUESTIONS

Free Estate Planning Consultations with Attorney Amy N. Azza

Attorney Amy N. Azza offers FREE 30-minute consultations on estate planning, including wills, trusts, health care proxies, durable powers of attorney, deeds, trustee certificates, declaration of homesteads, and probate administration.

**The 3rd Tuesday of each month
November 17 & December 15.
To register call 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**

**FREE NOTARY SERVICE**

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

**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**



PLEASE PRE-REGISTER FOR ALL PROGRAMS BELOW BY CALLING 508-429-0622

THE SCAM LANDSCAPE: STAYING SAFE

THURSDAY, NOVEMBER 5 AT 1PM



Understanding Modern Scams: Insights and Prevention: this presentation offers insights into modern scams, their effectiveness, and why all ages are targeted.

- ****Common Scam Types****
- ****Emerging Threats**:** AI-driven fraud
- ****Criminal Payment Methods****

Learn how scammers create urgency and fear, recognize warning signs, and use a “pause, reflect, protect” plan to stay safe.

THE SMITHSONIAN INSTITUTE COLLECTION PRESENTATION

FRIDAY, NOVEMBER 6 AT 11:30AM



Join Eric Spahl, an American historian, for an engaging interactive presentation that showcases some of the most unique and historically significant artifacts from the museum's extensive collection of over 154 million items. Eric will prompt the audience to identify these objects, followed by an in-depth exploration of each item's historical importance.

HHS BUILDING COMMITTEE

MONDAY, NOVEMBER 9 AT 11:30AM



Join in the conversation about a potential new high school with two members of the School Building committee, Deb Moore and Ben Sparrell. They will answer questions about the process including how we got here and where we are going.



If you have any questions, please contact Ben at Sparrellb@holliston.k12.ma.us

ASSISTED LIVING TOUR! RESIDENCE AT VALLEY FARM, ASHLAND



TUESDAY, NOVEMBER 10 AT 11AM

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. **Tour then lunch**
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.

PAINTED PINE WOOD CRAFT PROJECT

TUESDAY, NOVEMBER 10 AT 1PM

The Painted Pine is back for a Fall or Thanksgiving wood craft project. Choose which one when registering.

Hello Fall Round – an 8½-inch wood round or



Thanksgiving Turkey Shelf Sitter – a 9-inch wide layered wood shelf sitter that's perfect for decorating through Thanksgiving.

The cost is \$15 per person thanks to The Center's Friends group, SSF (Senior Support Foundation) **Deadline to sign up is October 27. Call today, 508-429-0622!!**

WHITE MOUNTAIN HOTEL & RESORT VIRTUAL 2027 TOURS

THURSDAY, NOVEMBER 12 AT 2:30PM

Brian Schumman is thrilled to present the 2027 Group Tours, offering diverse options for various groups. Choose from extensive multi-state adventures in New Hampshire, Maine, and Vermont, or shorter stays in New Hampshire. Tours can be customized to include:

- Renovated guest rooms
- Full breakfasts and dinners at the Ledges Restaurant
- Special drink pricing at the Tullamore Tavern, and more!



PLEASE PRE-REGISTER FOR ALL PROGRAMS BELOW BY CALLING 508-429-0622

VETERANS MORNING BRIEFING & BREAKFAST



FRIDAY, NOVEMBER 13 AT 9AM

Mission: Unlocking VA Resources and Benefits. Come enjoy breakfast at The Center and join Kathy Lang, Veterans' Services Agent for the MetroWest District, to learn more about valuable VA resources and potential benefits available to veterans and their families. Don't miss this opportunity to discover resources that may be available to you!

Register by Friday, November 6

CAPTION CALL PRESENTATION

WEDNESDAY, DECEMBER 2 AT 1PM

CaptionCall supports the hearing loss community with FREE telephone call captioning, offering large, easy-to-read captions, hearing aid compatibility, and captioned voice messages, all while using your existing phone number. Register to learn more!



BOXWOOD TREE WORKSHOP

FRIDAY, DECEMBER 11 AT 11AM



The Holliston Garden Club will be presenting a Boxwood tree workshop at The Center. The garden club will supply the containers and boxwood greens. If you have them, please bring clippers, wire cutters and wire. Also, any small decorations for personalizing your tree like bows, stars, wired balls, berries etc....

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

The cost per person is \$5 to the Holliston Garden Club to cover the cost of all the materials provided. Space is limited to 12 people.

SPRINGWELL OVERVIEW

TUESDAY, DECEMBER 1 AT 1:30PM



Larry Poirier, Springwell's Outreach Manager, will present an overview of the agency. Springwell is the local Aging Service Access Point for Holliston, appointed by the Massachusetts Executive Office of Aging & Independence. Springwell helps elders live independently at home through information, services, and support. The presentation will cover all of Springwell's services.

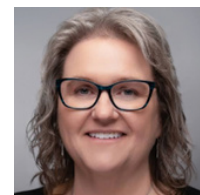
SOCIAL ISOLATION & LONELINESS

TUESDAY, DECEMBER 8 AT 1:30PM



Key takeaways:

- Consequences of social isolation
- How to recognize if you or your loved ones are socially isolated
- Factors that lead to social isolation
- Strategies to help overcome these barriers



Presented by: Licensed Clinical Psychologist and Board Certified Geropsychologist Kelly A. O'Malley, PhD, ABPP, FSGA



FIND THE CARDINAL IN THIS NEWSLETTER.

The first person to call Laura 508-429-0622 Ext 218 with the correct answer wins a prize!!

PLEASE PRE-REGISTER FOR ALL PROGRAMS BELOW BY CALLING 508-429-0622

TECHNOLOGY HELP

MONDAYS AT 3:30PM



Stuck with your device—like a phone, tablet, or computer? Join us for technology help with Holliston High School student, Ashwin, on Mondays at 3:30pm.

Bring your device and questions about anything, whether it's sending photos, video calling family, setting up email, or tips for staying safe online. **Remember to bring your charger for all devices.**

No need to sign up!!

KEEFE TECH LUNCH

TUESDAY, DECEMBER 15 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.

Students can explore fields like culinary arts, catering, nutrition, and hospitality management. This program allows them to apply classroom knowledge in real-world situations, fostering connections with older adults. **Cost is \$5 per person, Menu TBA.**

DEMENTIA-FRIENDLY LUNCH & LEARN

FRIDAY, NOVEMBER 20 AT 11AM



Creating a Serenity Garden

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

No Lunch & Learn in December, see you in January 2027.

Location: Sherborn Town Hall, 2nd floor, 19 Washington Street.



WATERCOLOR PAINTING CLASS

FRIDAY AT 11:30AM



Unleash your creativity in a friendly, low pressure watercolor class. No experience needed—just curiosity and a willingness to explore. Bring an apron!

Instructor: Liz is an expressive artist inspired by nature and life's rhythms. **No class November 13.**

Space is limited to 12 participants, class is one hour and the cost is \$5 per class.

EXPRESSIVE ART THERAPY

FACILITATED BY FRANCI DUMAR OF CLEAR GUIDANCE LLC.

Location: "The Center" in Holliston at 150 Goulding Street November 17 & December 15



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.

AQUATIC CLASS

MONDAYS AT 11AM AT THE WILLOWS IN MEDWAY



Class for Holliston Center Members November 2 to December 28

Enjoy a total body workout in an 88-degree pool, perfect for all fitness levels. Improve endurance, strength, agility, coordination, balance, and flexibility.

- **Attire:**** Water-appropriate clothing; water shoes recommended, towel, and water.
- Access to hot tub and changing rooms with showers.

Not a member? Visit The Center to complete a membership form before your first class.

RESOURCES

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



COUNCIL ON AGING (COA)

BOARD OFFICERS

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

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

MEMBERS

Georgia Papavasiliou
Nancy King-Bolger
Anne Huntington

Associate Members:

Ellie Stackpole
Sharon Thornton

SENIOR SUPPORT FOUNDATION

The Senior Support Foundation (SSF), a nonprofit a 501(c)(3), is a group of volunteers who raise money 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. Mail or drop off at The Center.

SSF Board Members

President–Neil Svendsen
Vice President–Sheila Joslin
Treasurer–Larry Wise
Secretary–Al Ranieri

Meetings occur monthly on the third Thursday at 9:30AM. All are welcome.