

HOLLAND SUNRISE TIMES

CONCIL ON AGING NEWSLETTER

VOL., 24, NO. 11, NOV. 2024



The MISSION of the Holland Council on Aging is to promote the overall well-being of aging adults. We encourage them to share their wisdom & talents, participate in the community, and choose how they live as they age.



PRESIDENTIAL ELECTIONS AT THE CENTER, NOV. 5th, 7 am – 8 pm.
REGULAR CENTER ACTIVITIES CANCELED

MUSIC



BINGO

MUSIC BINGO

FOHCC FUNd Raiser Event

November 9th, Doors open at 5:30 pm, event from 6 – 8 pm

Raffles, Prizes per round & Door Prize and lots of tasty treats being sold by Laniecakes Homemade Desserts of Holland. **Get your \$10 tickets at the Center or from any Friends of HCC**

MUSIC



BINGO

HONORING VETERANS AND SPOUSES WITH A

FREE LUNCHEON

NOVEMBER 13TH AT 12 PM

RSVP REQUIRED

SERVING BEEF POT PIE, WITH A SIDE OF KALE SALAD, AND A WARM BACON VINAIGRETTE AND UPSIDE DOWN CAKE FOR DESSERT

MEALS FOR THE VETERAN AND THE SPOUSE ARE GRACIOUSLY PAID FOR BY THE FRIENDS OF THE HOLLAND COMMUNITY CENTER

LET'S BE THANKFUL



FREE

THANKSGIVING LUNCH

NOVEMBER 20TH @ 12 PM

100 PERSON LIMIT SO SIGN UP BY NOV. 13TH

GRACIOUSLY PAID FOR BY THE FRIENDS OF THE HOLLAND COMMUNITY CENTER

CATERED BY HEARTHSTONE MARKET

Honoring Veterans and Spouses with a Free Luncheon November 13th at 12 pm
RSVP Required
Serving Beef Pot Pie, with a side of Kale Salad and a Warm Bacon Vinaigrette and upside down cake for Dessert. Meals for the veteran and the spouse are graciously paid for by the Friends of the Holland Community Center.

Let's Be Thankful. Free Thanksgiving Lunch November 20th @ 12 pm. 100 persons limit so sign up by Nov. 13th. Graciously paid for by the Friends of the Holland Community Center. Catered by Hearthstone Market.

Stop in to hear Singer, Stephen George at 1 pm even if you don't sign up for lunch

We are trying to have a Flu Clinic in November. Nothing is confirmed at the time of submitting the newsletter to the printer. If you are interested in getting a flu shot at the Center, please contact Susan at 413-245-3163 or Activities@HollandMA.Ora

NOTES FROM BRENDA

This is one of the best times of the year to live in New England. The leaves are changing, the weather is predictably like a yo yo, and we are safe from so many of the natural disasters around the country.

Things are good.

We want to take a moment to recognize our Veterans.

If you are interested, the Holland Wreaths Across America chapter is going to have a **Pasta Fundraiser on November 22nd**. The tickets are \$15 a piece and you can get them from Lisa Boudreau, Kathy Boyer, or Debbie Sichol, we also have some at the Center. The December **Wreaths Across America event is on December 14th at 12 pm.**

Speaking of fundraisers, the FoHCC are having their **Bingo event, Nov 9th at 6 pm.** Those tickets can be purchased at the Holland Community Center, or by any Friends members.

See you soon

~ Brenda

Talented Singer, Stephen George will make a return trip to the Center on November 20th at 1 pm. This is a FREE, family friendly event

JOKES FOR EVERYONE!

Did you hear about the guy giving away dead batteries? They were free of charge.

Did you hear about the guy who decided to hang mirrors for a living? It's something he could see himself doing.

Did you hear about the guy who deposited his watch at the bank? He wanted to save time.

Did you hear about the guy who invented the knock knock joke? He won a 'no-bell' prize!

Did you hear about the guy that got caught stealing a calendar? He got twelve months.

HOLLAND CAFÉ - EAT IN, DELIVERY AND CURBSIDE MENU – Please have exact change if possible.

Monday and Wednesday EAT IN or Take-out and Delivery orders are available. *FOOD ALLERGY NOTICE: Please be advised that all food prepared here may contain Milk, Eggs, Wheat, Soybean, Peanuts, Tree Nuts, and Shellfish*

Mon. Nov 4th – Cottage Pie (Beef & Pork), w. Salad & Pumpkin Chocolate Chip Cookie for Dessert

Wed. Nov 6th – Grilled Cheese Sandwich w/ Tomato-Pumpkin Soup & Cereal Chewy Bars for Dessert

Mon. Nov 11th – CLOSED

Wed. Nov 13th – Beef Pot Pie, Kale Salad w/ War, Bacon Dressing & Upside-Down Cake w/ Fruit

Mon. Nov 18th – Lasagna (Spinach & Cheese) w/ a Green Salad & Tiramisu for Dessert

Wed. Nov 20th – Thanksgiving Lunch Catered by Hearthstone – 100 person limit. RSVP

Mon. Nov 25th – Poultry Noodle Soup w/ a Green Salad & Cinn. Spice Pudding Parfait for Dessert

Wed. Nov 27th – Bacon, Egg & Cheese Sandwich, w/ Hashbrowns & Bread Pudding for Dessert

*Menu Subject to
Change.*

*Free Delivery to
Holland Seniors.*

*Additional Info
on the back of
the newsletter.*

EVENTS at the CENTER!

Including events on the front page

GSSSI – CAREGIVER SUPPORT – Monday, November 4th at 1 pm Brenda Labbe, from Greater Springfield Senior Services, Inc., will be at the Center to explain the Caregiver support options that GSSSI has. This is a free, informative event. RSVP not required, but if you wanted to join us for lunch at 12 first, the lunch is Cottage Pie (Beef & Pork), w/Salad & Pumpkin Chocolate Chip Cookies for Dessert for a suggest \$5 eat in price. RSVP is required to get the lunch.

ROUNDTABLE DISCUSSIONS – ALZHEIMERS & DEMENTIA FRIENDLY SUPPORT- Thursday, Nov. 7th @ 5 pm

Lots of people worry about memory loss. When you forget something, does it make you wonder if you're getting dementia? Not every forgotten thought is a sign of dementia. If you look at a key and forget what it is called, well that is different than forgetting what it does. If you, or a loved one are showing signs of memory loss, the staff at the Center has some dementia training to try to help you navigate your new future or at least support you and/or your loved ones. If you have someone you can't leave home alone, bring them, we will have someone to stay with them while you are learning, or venting, whatever you need.

COA MEETING – Tuesday, November 12th at 10:15 am – If you are interested in what happens for Seniors in Holland, join them, they are looking for a new member. Hybrid meeting at the Center or join online using the Go To Meeting system or call. **United States: +1 (571) 317-3122 Access Code: 638-068-445 Password: 3163**

FRIENDS OF HCC – Tuesday, November 12th at 1 pm – Would you like to volunteer and meet new people. Stop by our Friends meeting and learn about all the things the friends do.

COFFEE & CONVERSATION – VETERANS AGENT HOURS – Wednesday, November 13th, 12 pm – 2 pm Art "Dusty" Evan will skip the first Wednesday this month and join us for the Veterans Appreciation lunch on November 13th.

BIRTHDAY LUNCHESES ARE BACK FOR SENIORS! - If you are a Holland Senior, and have a birthday in November, get a free birthday lunch served in November. RSVP required, no walk ins for this event. You must rsvp. Free birthday lunches are for eat in only and are provided by the Friends of the Holland Community Center.

MANICURES BY SARAH – Tuesday, November 26th 11:30 – 2:30 pm Sarah is offering 15-minute nail trimming (finger or toe) appointments (trimming shaping and buffing) for \$22 per person. Sarah can also offer mini manicures with nail trimming, shaping and regular polish for \$28 per person (20-minute appointment). Please contact us at 413-245-3163 to make an appointment or email at activities@hollandma.org . **The COA has agreed to pay \$10 of the cost for Seniors living in Holland. RSVP REQUIRED AND SPOTS FILL QUICK.**

BOOK CLUB – Monday, November 18th at 1 pm - Everyone is welcome! In person, at the Center this month they will discuss the book *The Heaven and Earth Grocery Store* by James McBride.

Thank you for your bottles and cans. Thank you to the FRIENDS!!

The Friends have raised over \$5000 in bottle/can redemption money. That money has gone into programming, Center support for things like the coffee area, lunch paper goods, crafting supplies, Storytime needs, free birthday meals for Seniors in Holland, special free meals like Veterans Appreciation, the Thanksgiving Lunch and the December Holiday Lunch.

Did you know that the Outreach Coordinator position is paid for by a grant from Greater Springfield Senior Services, Inc.? For the FY 24-25 season, like many other programs, the funding for it has been cut on a federal level. The Title 3 grant that funds our Outreach position has gone from \$16,000 to \$10,000. As Outreach we do everything, we can do to help our residents. We are hoping this reduction in funds will not delay services the Outreach Coordinator will be able to offer to individuals.

DO YOU NEED OUTREACH ASSISTANCE?

FUEL ASSISTANCE

It's Fuel Assistance season. After going to new training this year, we learned a lot. If you need an application or help filling out one, please contact the Center

FOOD NEEDS

If you are low income, or having an emergency, we can send you in the right direction to help you get food. We work with the Wales Community Pantry, the Holland Church, and the Brown Bag Program.

In November the Brown Bag Program is delivering on Friday, November 8th.

Did you know, Holland organizes the **BROWN BAG PROGRAM** for this area? Our volunteers are delivering to people 55 and older, in Holland, Brimfield, and Wales. Thank you so much, to our Volunteers!

Call or stop by the Center to see if you are eligible.

SHINE

(Serving Health Insurance Needs for Everyone)

If Medicare is a word that makes you nervous, our volunteer SHINE Counselor, Allan Percy, may be able to assist you.

**The 2024 Medicare Open Enrollment Period will take place from
Oct 15th, 2024, to Dec 7th 2024.**

Changes made during this time will go into effect on Jan 1, 2025.

During this time, Medicare enrollees can review and make changes to their current coverage, including prescription drug plans and health plans. It's a good opportunity to compare plans and select the one that best fits your needs and budget. Medicare Open Enrollment is also known as the annual enrollment period (AEP) or the annual election period for Medicare Advantage and Prescription Drug Plans.

DO YOU WANT TO STAY "IN THE KNOW?"

Sign up for our weekly emails at Activities@HollandMA.Org



Day, Evening and Weekend Programs, plus Town Events!

November 2024

Holland Happenings

40 Brimfield Rd, Holland, MA 01521, 413-245-3163 OR TEXT 855-865-8366

We are on Facebook, Twitter, Instagram, and Pinterest. Email us at Activities@HollandMA.org if you would like to get our newsletter emailed to you.

RENT THE CENTER FOR YOUR NEXT FAMILY EVENT!

WEEKLY

Fusion Fitness, Mon 5:30 pm
Texas Hold em, Tue 5:30 pm
Yoga, Wed 5:45
Bingo, Thurs 6pm - 8pm
Pitch, 5:30 pm

Community Computers Available



MUSIC BINGO

NOV 9TH, DOORS OPEN AT 5:30 PM. GAMES PLAYED FROM 6 – 8 PM.
Raffles and Prizes
Lanecakes will be selling delicious baked treats.

AT THE CENTER!

DROP IN CRAFTS – We offer craft times during the day or evenings. Call, email, or stop by the Center to learn more.

DROP IN PLAYTIME – If we aren't using the "Room of Requirements" it is accessible for playtime, crafts, computers, and reading. We try to make things accessible for .

"FUSION FITNESS" – Mondays, 5:30 to 6:30 pm – "Fusion" is a low impact exercise class for all ages. It builds strength, stamina, improves balance and strengthens your core. Included will be elements of Barre, Light Weights (1 to 3 lbs.) or Theraband. Please bring your own supplies if you have them. Also included, elements of dance, which improves memory, bone health, balance, and lots of fun! Please wear comfortable clothes. ***The first class is FREE for new participants. \$5 per class and \$3 for all Seniors (age 60+).***

TEXAS HOLD EM – Tuesdays at 5:30 pm – They moved to the big room! If you like to get rowdy, you'll have fun at the Center. This group is a wild bunch, and they are always looking for others to play with them.

"YOGA" – Wednesdays at 5:45 pm - with instructor, Lisa Zissa. The ancient art of yoga was designed to harmonize the mind and body through various breathing techniques, postures, and meditation. In this course we will discuss and practice breath awareness, meditation, and a flow of poses appropriate for all levels. Please bring an open mind and a smile 😊 ***The first class is FREE for new participants. \$5 per class and \$3 for all Seniors (age 60+).***

BINGO – EVERY Thursday! 6 - 8 pm – It costs \$1 per sheet, and they play approximately 8-10 games by the time they get to the coverall. We have some new players, come try your luck too.

PITCH – Thursdays at 5:30 pm. This is a weekly event that you need to sign up for ahead of time. If you want to join or be a substitute, please contact Lisa Boudreau at 774-200-7400

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	31	1	2
						PRIVATE FUNCTION
3	4	5	6	7	8	9
10:15am - Mah Jongg 11:45am - Take Out Lunch 12pm - Lunch 1pm - Dominoes 1pm - GSSSI Caregiver Support 5:30pm - Fusion Fitness 5:30pm - Texas Hold'em	7am - ELECTION DAY	10am - Mix it Up 11:45am - Take Out Lunch 12pm - Lunch 1pm - Dominoes 1pm - Mah Jongg 5:45pm - Yoga	10am - Stained Glass 10am - Tai Chi 12:15pm - Cribbage 5pm - Alzheimers/ Dementia 5:30pm - Pitch 6pm - Bingo	Brown Bag	5:30pm - FohCC Music Bingo	
10	11	12	13	14	15	16
CLOSED	10:15am - COA Meeting 10:30am - Crafter's Social 1pm - FohCC 5:30pm - Texas Hold'em	10am - Mix it Up 11:45am - Take Out Lunch 12pm - Veteran Appreciation 12pm - Veterans Agent 1pm - Dominoes 1pm - Mah Jongg 5:45pm - Yoga	10am - Stained Glass 10am - Tai Chi 12:15pm - Cribbage 5:30pm - Pitch 6pm - Bingo	PRIVATE FUNCTION		
17	18	19	20	21	22	23
PRIVATE FUNCTION	10:15am - Mah Jongg 11:45am - Take Out Lunch 12pm - Lunch 1pm - Book Club 1pm - Dominoes 1pm - Movie - Mrs Harris goes to 5:30pm - Fusion Fitness	10:30am - Crafter's Social 5:30pm - Texas Hold'em	10am - Mix it Up 11:45am - Take Out Lunch 12pm - Thanksgiving Lunch 1pm - Dominoes 1pm - Mah Jongg 1pm - Singer Stephen George 5:45pm - Yoga	10am - Stained Glass 10am - Tai Chi 12:15pm - Cribbage 5:30pm - Pitch 6pm - Bingo	5:30pm - WAA Pasta Fundraiser 6pm - WAA Pasta 2nd seating	PRIVATE FUNCTION
24	25	26	27	28	29	30
10:15am - Mah Jongg 11:45am - Take Out Lunch 12pm - Lunch 1pm - Dominoes 5:30pm - Fusion Fitness	10:30am - Crafter's Social 11:30am - Nails with Sarah 5:30pm - Texas Hold'em	10am - Mix it Up 11:45am - Take Out Lunch 12pm - Lunch 1pm - Dominoes 1pm - Mah Jongg	CLOSED			

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THE FRIENDS OF THE HOLLAND COMMUNITY CENTER INFORMATION

"A Furry Christmas" – Monthly Basket

We have a cute box filled with items for you and your furry friend. Items include a busy bowl, ornaments, a pet blanket, hand crocheted items, cookie cutters and more

Tickets are \$1 each or 6 for \$5.

The winning ticket will be pulled at the end of the month. Stop by the office for info. Donations to the Friends are always appreciated. Checks can be made out to *Friends of Holland Community Center*.

The winner for September was Kim Matuszek, Congratulations!!

HOLLAND COUNCIL ON AGING

27 STURBRIDGE RD.
HOLLAND, MA 01521

WATCH FOR THESE NOVEMBER EVENTS!

SPECIAL EVENTS

11/4	GSSSI – Caregiver Support	1 pm
11/5	ELECTIONS	7 am – 8 pm
11/7	Round Table – Dementia Friendly	5 pm
11/8	Brown Bag	11 am
11/9	MUSIC BINGO	6 – 8 PM
11/11	CLOSED	
11/12	COA Meeting	10:15 am
11/12	Friends of HCC Meeting	1 pm
11/13	Veterans Agent	12:00
11/13	Veteran & Spouse Appreciate Lunch	12
11/18	Book Club	1 pm
11/18	MOVIE – Mrs Harris Goes to Paris	1 pm
11/20	FREE Thanksgiving Lunch	12 pm
11/20	Singer – Stephen George	1 pm
11/22	WAA Pasta Dinner	
11/26	Nails with Sarah	11:30-2:30
11/28	CLOSED- Gobble, Gobble	

Every Monday

Mah Jongg Beginners	10:15 am
Take out Lunch	11:45 am
Lunch	12 pm
Dominoes	1 pm
Fusion Fitness	5:30 pm

Every Tuesday

Crafters	10:30 am
Texas Hold 'em	5:30 pm

Every Wednesday

Mix it Up	10 am
Take out Lunch	11:45 am
Lunch	12 pm
Dominoes	1 pm
Mah Jongg	1 pm
Yoga	5:45 pm

Every Thursday

Stained Glass	10 am
Tai Chi (free, self-guided)	10 am
Cribbage	12:15 pm
Bingo	6 pm
Pitch	5:30 pm

MOVIE – Mrs Harris Goes to Paris **November 18th at 1 pm**

FREE Movie with Popcorn Included!
Everyone is invited. RSVPs Appreciated.

Private Events – 11/2, 11/16, 11/17, 11/23

FREE LUNCH DELIVERY AVAILABLE IN HOLLAND

FOR SENIORS thanks to the Holland Helpers!

RSVP Required for any meal.

You must RSVP for Monday meals by the previous Thursday and

RSVP for Wednesday meals by the previous Monday.

EAT AT THE CENTER FOR \$5 or Takeout \$ 7.00

(Takeout is still \$5 for Holland Seniors, thanks to help from Holland COA.)

All lunches come with a dessert!

HOLLAND COMMUNITY CENTER

located at 40 Brimfield Rd., Holland, MA

Telephone: 413-245-3163

Director: Brenda Palmer CommunityCenter@HollandMA.Org

Activities Coordinator: Susan Staples-Holt Activities@HollandMA.Org

General Helper: Sanna Hart HCCevenings@HollandMA.org

Kitchen Manager: Monica Talbot CommunityKitchen@HollandMA.Org

HOLLAND COUNCIL ON AGING

Chairperson – Celeste Brackett

Vice Chairperson – John Senseman

Secretary – Susanne Hilbert

Treasurer – Robin Wilson

Members at Large: Robin Young-Cournoyer,
Loretta Mosher, Linda Racine

**The COA meets monthly,
The 2nd Tuesday at 10:15 AM**