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HOLLAND COUNCIL ON AGING
 27 STURBRIDGE RD.
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HOLLAND SUNRISE TIMES
 COUNCIL ON AGING NEWSLETTER VOL. 16, No. 09, September 2016

The mission of the Holland Council on Aging is to promote the physical, emotional and economic well-being of older adults and to promote their participation in all aspects of community life.

Field Trip to the Stageloft Theater in Sturbridge
 Friday, September 16 at 8 pm



Liberace! is a moving and highly entertaining tribute to the performer and musician famous for his charm, glitz, and glamour. On a set reminiscent of his celebrated television program, *Liberace* relives the highs (and lows) of his prolific life, revealing the real person behind the persona of an enormously talented and acclaimed performer in American history. Interwoven with a rollicking piano score spanning classical and popular music from Chopin to "Chopsticks," and Rachmaninoff to Ragtime, this solo-performer tour de force will have your audience cheering the life of an uniquely American icon. Our production stars local actor/musician/singer/director John Leslie in an encore performance as the one and only *Liberace!*

Tickets usually cost \$ 15 but we will pay only \$ 5 per person because of the wonderful provision of \$10 is supported in part by a grant from the Holland Cultural Council, a local agency which is supported by the Mass Cultural Council. Please call Paula at 245-3163 to reserve your seat by September 7th - tickets are limited.

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We wish to thank GSSSI, EOEAA and our advertisers for helping to fund this monthly newsletter.

HOLLAND COUNCIL ON AGING
 Chairperson – Chris Haller
 Vice Chairman – Tina Rootes-Hunter
 Treasurer – Sue Sanders
 Secretary – Fran Gallo
 Members at Large: Lowell Nixon, Jack Reed, Cindi Harris
 Alternate Member – open

Community Center Coordinator – Paula Bak
 Kitchen Manager: Brenda Palmer

Community Center is located at **40 Brimfield Rd.**
 Open Monday - Thursday 10 a.m. to 3 p.m.
Telephone: 413-245-3163

Deborah Tierney, Outreach Worker,
 Outreach Office located at Town Hall.
Tuesday, Wednesday, Thursday, 10 -12, 1-4
By Appointment Only Call 413-245-7108 x 115
The COA meet; monthly, 2nd Wed., at 10:15 a.m.

Call Paula Bak if your family or group would like to rent the Community Center for a function at 413-245-3163.

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Definition of Fibromyalgia

By Mayo Clinic Staff

Fibromyalgia is a disorder characterized by widespread musculoskeletal pain accompanied by fatigue, sleep, memory and mood issues.

Researchers believe that fibromyalgia amplifies painful sensations by affecting the way your brain processes pain signals.

Symptoms sometimes begin after a physical trauma, surgery, infection or significant psychological stress. In other cases, symptoms gradually accumulate over time with no single triggering event.

Women are much more likely to develop fibromyalgia than are men. Many people who have fibromyalgia also have tension headaches, temporomandibular joint (TMJ) disorders, irritable bowel syndrome, anxiety and depression.

While there is no cure for fibromyalgia, a variety of medications can help control symptoms. Exercise, relaxation and stress-reduction measures also may help.

SEPTEMBER MENU

Mon, Sept 5 Closed for Labor Day
Wed, Sept 7 Cheese Omelet, Sausage Pattie, Oven Roasted Potatoes, Whole Grain Croissant, and Peaches
Mon, Sept 12 Hot Dog, Baked Beans, Confetti Cole Slaw, and an orange
Wed, Sept 14 Baked Chicken, Wine Sauce, Sweet Potatoes, Vegetables, Oat Nut Bread, and Gingerbread
Mon, Sept 19 Chicken Macaroni Casserole, Carrots, Tossed Salad, 12 Grain Bread, Fruit Filled Cookies
Wed, Sept 21 Taco Salad Bowl, Shredded Cheese & Lettuce, Salsa, Yellow Rice, Tortilla Chips, and a Pear
Mon, Sept 26 Fish Sticks, Tomato & Cucumber Salad, Oven Roasted Potatoes, Rye Bread, and Mixed Fruit
Wed, Sept 28 Baked Chicken, Tarragon Mushroom Sauce, Herb Stuffing, Vegetables, Bread, and a Peach
Thur, Sept 29 Cookout—complements of the Holland Police Department

SEPTEMBER EVENTS

Sept 5	Closed for Labor Day	
Sept 8	State Primary	7 am – 8 pm
Sept 12	Book Club	1 pm
Sept 14	Movin' & Groovin'	10 am
Sept 14	Entertainer Rob Adams	1 pm
Sept 16	Liberace!	8 pm
Sept 21	Movie – The Boss	1 pm
Sept 22	Ribbon Cutting	6:30 pm

New "Next Generation" of MA Driver's Licenses and ID Cards

The Department of Transportation is issuing new "Next Generation" of MA Driver's Licenses and ID cards. Both the current and new license and card designs will be in effect throughout the transition period (estimated to be five years). Current licenses and ID cards will gradually be phased out through the renewal process but will remain effective until your next regular renewal. There is no need to rush to the Registry to make any changes now. Some of the changes include a tactile feature - raised lettering, like on a credit card, laser technology, making it difficult to duplicate, and a distinct and innovative design highlighting the history of Massachusetts. For more info, go to www.massrmv.com.

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HOLLAND BOOK CLUB – THE KICHEN HOUSE

The Kitchen House was written by Kathleen Grissom. The novel is an interesting look at the history of slavery, the role of the indentured servant, and the helplessness of the ladies of the time period.

Please join us on **Monday, September 12th at 1 pm** and think of one question you would like to discuss with the group.

MOVIN' AND GROOVIN'

SWEAT, BURN some calories and have LOADS OF FUN!

Come on out for a FREE session of MOVIN' AND GROOVIN'

What is it? It's a full hour of low impact aerobic exercise done to all genres of music -

Incorporating elements present in Latin, Hip-hop, Ballroom and Jazz - with a touch of Zumba mixed in.

Ideal for Active Boomers, but everyone is welcome. QUITE A WORKOUT!!

Warm Up, Hit The Floor, Cool Down! Come give it a try!

Instructions by Forty Arroyo on **Wednesday, Sept. 14, 2016 at 10 am.**

ENTERTAINER ROB ADAMS

On **Wednesday, September 14th at 1 pm**, we will be entertained by Rob Adams playing guitar and singing selections from his vast repertoire of "Americana" music. Rob has performed for us before and impressed us with his extensive knowledge of different music genres. Come for lunch at noon that day (please make a reservation at 245-3163 in advance) or join us afterwards for a pleasant afternoon of entertainment.

MOVIE – THE BOSS

Join us **Wednesday, September 21 at 1 pm** watch “The Boss” with Melissa McCarthy on the “BIG” screen. It’s about a titan of industry who is sent to prison after she's caught insider trading. When she emerges ready to rebrand herself as America's latest sweetheart, not everyone she screwed over is so quick to forgive and forget.

LET'S HIT THE TRAIL!

The long wait is finally over. The new Walking Trail, funded by the Holland Trails Committee, is complete and already in use at The Center! Holland Highway Department did a great job; the surface is compacted and smooth. The trail is .2 miles long (5 times around is a mile) and forms a circuit, so that it is easy to count laps if you want to keep track of the distance you have walked or jogged.

In the next few weeks a couple of granite benches, donated by the COA, will be installed, and a sign posted listing the distance of the trail. Once the sign is in place, the trail will be fully ADA compliant.

Paula Bak, The Center’s Director, has scheduled a **Ribbon Cutting Ceremony for 6:30 pm on September 22nd**. Stop by then, or anytime, to enjoy a walk or jog on Holland’s newest recreational asset. Bike to the Center if you’d like; a bicycle stand was recently installed as well. Please come to this festive event and, if you join the Walking Club, you will receive a free pedometer (compliments of the Holland COA and Holland Fire Department Safe for Seniors Grant. Call The Center at 245-3163 for more information.