

# NEWSLETTER



## MESSAGE FROM CONNIE:

After 25 wonderful years of serving the town and its elders, I have decided to retire. As I depart, I would like to extend a heartfelt thank you to all our Selectmen, Town Administrators, Council on Aging board members, volunteers and, last but certainly not least, all the seniors of Holbrook. It has been a pleasure working with you.

Wishing you all a very happy and healthy holiday season and a wonderful new year,

God Bless, Connie

**Drop By the Heritage Room at Town Hall Thursday Dec 1 from 11:00am to 1:00pm to Wish Connie Well on Her Next Life Adventure!!**

## Welcome Cindy Brennan

Former Town Accountant Cindy Brennan has been appointed the Interim Council on Aging Coordinator. She has graciously agreed to fill the position until the town officials can go through the proper process and hire a new coordinator. We welcome her dynamic personality and fresh ideas.

## Some Holiday Humor

With tears in his eyes, the little boy told his kindergarten teacher that only one pair of galoshes was left in the cloakroom and they weren't his. The teacher searched under desks and in corners and could find no other galoshes. Exhausted, she asked the boy, "How can you be sure these galoshes aren't yours?" . . .

"Mine had snow on them," the little boy replied.

Why is Christmas like a day at the office?

- Because you do all the work, and the fat guy in the suit gets all the credit.

Why are some people afraid of Santa?

- Because they are suffering from Claus-trophobia.



## Council On Aging Christmas Party Wednesday, December 7

The annual Senior Christmas Party will be held at St. Joseph's, 153 S Franklin St. on Wednesday, December 7. Lunch will be prepared by Smith's Catering with a choice of roast beef or fish. Santa and his reindeer will be dropping by. The Holbrook High School Chorus will entertain. And DJ Rich Jones, who many remember from last Christmas, will liven up the afternoon with music and dancing. The cost is \$25.00. Doors will open at 11:30am. Sign up at the Senior Center, and ask if you need transportation.

### <sup>36</sup>**Festival of Lights - Sat. Dec. 3**

Holbrook's 38th Festival of Lights will be celebrated with music, tree lighting and Santa Claus at Town Hall in Holbrook Square. The fun begins at 5:00pm. Bring the whole family!!

### **Children's Christmas Party – Dec. 10**

Santa will also be coming to the Historical Society's 3<sup>rd</sup> Annual Children's Christmas Party on Saturday, Dec. 10 from 1pm to 3pm. Bring your grandchildren for fun and refreshments. The Historical Society is located at 320 Union St. at the Old Roberts School, a red historic building.

### **Afternoon at the Movies - Dec. 19**

On Monday, December 19 at 11:00am, the Holbrook Council on Aging in conjunction with the Winthrop Congregational Church will show their monthly movie. The film will be shown at the Winthrop Congregational Church, 16 North Franklin Street. The entrance is on the Linfield Street side of the church.

### **New Year's Eve Celebration – Dec. 31**

On Saturday, Dec. 31, St. Joseph's Church will once again bring seniors together to celebrate the New Year with a light lunch at 11am and New Year's countdown at 12 noon. Bring your New Year's hats and noise-makers and your wonderful selves to ring in another year together. Can you believe it will soon be 2017?!!

### **Holbrook Public Library Book Clubs**

The Holbrook Public Library has an afternoon and an evening adult book club which meets once a month at the library to discuss books. The books are free to borrow with your library card.

12/1 at 6:30pm: H Is for Hawk by H. Macdonald

12/21 at 1:30pm: Soul of an Octopus  
by Sy Montgomery

### **Christmas, A Time for Giving**

Members of the Holbrook Fire Department will be conducting its annual **Toys for Tots** campaign for the U.S. Marine Corp. A collection box has been placed in the front lobby of the Holbrook Safety Building, 300 South Franklin St., for people to leave donations. Only new and unwrapped toys or books will be accepted. The deadline for donations is Monday, Dec. 19. For info, call 781-767-2235.

Colonial Federal Savings Bank, 802 South Franklin St., is collecting **new hats, gloves and socks** for a just-before Christmas donation to the Salvation Army. Donation boxes are available through Dec. 17. Cash or check donations may be made inside the bank.

**Holbrook Santa** is accepting donations at Town Hall and the Holbrook Co-op Bank.

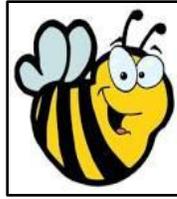
### **Anonymous Drug Tip Line**

The Holbrook Police has an anonymous drug tip line. Call 781-767-2677 to report illegal drug activity. You do not have to leave your name and your call will not be traced.

### **Winter Safety Tips**

The first day of Winter is December 21. Prepare ahead in the event of power outages.

1. Turn off exterior faucets, drain the faucets, and disconnect garden hoses.
2. Make sure your fire detectors and carbon monoxide detectors are working properly.
3. Have your car serviced. Change the oil, check the fluid levels and check your tires. Keep a blanket & old coat in your car trunk. You should also have a small shovel, ice scrapers & brushes, a container of sand, extra gloves, energy bars, and drinking water.
4. Have extra supplies at home, including water, canned food, such as, soups and tuna, a manual can opener, extra medicine, and extra personal hygiene products.
5. Other useful items would include a battery-powered radio, flashlights, and batteries.



## WHAT'S THE BUZZ????

### WEEKLY EVENTS:

#### **MONDAYS:**

Medical Appointments: 9:00am-1:00pm  
 Walking Club Sumner Field: 9:00am  
 Stretching with Emmy: 9:45am-10:30am  
 Free Panera Bread while supply lasts:  
     11:00am to 12 noon  
 Chess, Scrabble, and Games: 1pm  
 SHINE Counseling: by appointment

#### **TUESDAYS:**

Medical Appointments: 9:00am – 1:00pm  
 Walking Club Sumner Field: 9:00am  
 Bingo: 1:00pm

#### **WEDNESDAYS:**

Walking Club Sumner Field: 9:00am  
 Trucchi's: 9:15am  
 Bank and Post Office  
 Knitting: 9:30am  
 Cribbage & Games: 12:00 noon  
 Blood Pressure Clinic: 1:00pm - 2:00pm

#### **THURSDAYS:**

Mall-Walmart: 8:15am  
 Walking Club Sumner Field: 9:00am  
 Tai Chi: 12:45pm at Holbrook Court  
 Tea: 1:00pm

#### **FRIDAYS:**

Medical Appointments: 9:00am - 1:00pm  
 Walking Club Sumner Field: 9:00am

**Council on Aging 781-767-4617**

**Open: Mon to Thurs, 9am to 3pm**

**Check the Door for the latest news or call the Senior Center.**

Cindy Brennan, Council on Aging Coordinator  
 Pauline Smith, Chairperson of COA Trustees  
 Margaret Feeley, Outreach and Van Driver  
 Jim Taggart, Van Driver  
 Terry Fraser, Cook  
 Newsletter Editor: To Be Announced

#### **COA Board Meeting:**

The next meeting will be Thursday, Dec. 15 at 10:00am.  
 All Holbrook residents are welcome to attend.

#### **TRIAD Meeting:**

The next meeting will be Thursday, Dec. 8 at 10:00am.  
 All Holbrook residents are welcome to attend.

#### **Friends of the Council on Aging Meeting:**

The next meeting will be Monday, Dec. 5 at 10:30am.  
 All Holbrook residents are welcome to attend.

#### **Thank You Exec Office of Elder Affairs**

A special thanks to the Executive Office of Elder Affairs for the grant monies. The money helps the Senior Center in many ways, including paying for the postage for this newsletter.

#### **Medical Equipment Loans**

Medical equipment, such as, wheelchairs, crutches, walkers, commodes, shower chairs, etc. are available for loan at the Senior Center. Call if you need something. Also, call if you would like to donate medical equipment to help someone else.

#### **Holbrook Senior Newsletter**

The Holbrook Senior Newsletter is mailed to all Holbrook Seniors age 60 and older, one per household. Copies are available at Town Hall and the library. The newsletter can also be accessed online at the town website: [www.holbrookma.gov](http://www.holbrookma.gov).

#### **Donations Welcome**

The Council on Aging has established an account to support senior activities. If you would like to contribute, please make your check payable to:

#### **Holbrook Council on Aging**

All funds will be distributed through requests by the COA Coordinator through the Council on Aging Board.

**Van Schedule & Policies:**

Doctor appointments:

**Monday, Tuesday, and Friday ONLY.**

Van hours are **9:00 am - 1:00 pm.**

Please contact the Senior Center **ONE WEEK** in advance to schedule your appointment pick up.

Please remember the bad weather schedule. Ask Margaret or Jim for details. The rule is if Holbrook Schools are closed, then **NO VAN.**

If this happens on your doctor's appointment day, it is **your responsibility** to inform the doctor's office to reschedule your appointment.

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The van is wheelchair accessible. Call the Senior Center if you have any questions or need any more information regarding the van.

## SENIORS on the GO!



Merry Christmas! Happy New Year!

Holbrook Council On Aging  
9 Jewel Road  
Holbrook, MA 02343