

NEWSLETTER



MESSAGE FROM CONNIE:

Thanksgiving! What a wonderful holiday!

This is the time of year to count your blessings and be grateful for all the goodness around you – your health, your peace of mind, your sense of humor, your curiosity, your intelligence, your imagination, your family, your friends, your home, your pets, the weather, the beautiful USA we live in. If you live your life in gratitude, you will always be a rich person.

I hope many of you will join us at the Council on Aging Christmas Party on Wednesday, Dec. 7. Santa will be stopping by with some surprises.

I want to remind everyone to change your clocks and “fall back” one hour. Daylight Savings Time ends Sunday, November 6.

I want to remind everyone to vote in this important Presidential election on Tues, Nov. 8.

Happy Veterans Day & Happy Thanksgiving,

God Bless, Connie

We Are Thankful

For each new morning with its light,
For rest and shelter of the night,
For health and food, for love and friends,
For everything Thy goodness sends.

– Ralph Waldo Emerson

Some Thanksgiving Humor

A four-year old boy is asked to say grace before Thanksgiving dinner. The boy thanks God for all his friends. Then he thanks God for Mommy, Daddy, brother, sister, Grandma, Grandpa, and all his aunts and uncles. Then he begins to thank God for the food. He gave thanks for the turkey, the potatoes, the cranberry sauce, and the gravy. There’s a pause and the little boy looks up at his mother, “Mommy, if I thank God for the broccoli, won’t he know that I’m lying?”



Council On Aging Christmas Party Wednesday, December 7

Plan ahead for the December 7 Senior Christmas Party to be held at St. Joseph’s, 153 S Franklin St. There will be lunch prepared by Smith’s Catering with a choice of roast beef or fish. Santa will be dropping by. And DJ Rich Jones, who many remember from last Christmas, will liven up the afternoon. The cost is \$25.00. Doors will open at 11:30am. Sign up at the Senior Center, and ask if you need transportation.

Lantana’s Holiday Show - Nov. 14

If you are interested in going to the Lantana Holiday Show in Randolph, sign up at the Senior Center. The Monday afternoon show “2016 Christmas Memories” features Latshaw’s 20-piece Swing City Orchestra and includes lunch. The cost is \$55.

Historical Society Happenings

On Saturday, Dec. 10, from 1:00pm to 3:00pm, the Holbrook Historical Society will hold their 3rd Annual Children's Christmas Party at their headquarters at 320 Union St. Bring the grandchildren for a fun visit with Santa.

Daylight Saving Ends November 6

Daylight Savings Time ends on November 6. Remember to turn your clocks back one hour on Saturday evening, November 5. This is also a good time to change the batteries in your smoke alarms.

Election Day – Tuesday November 8

Election Day is Tuesday, Nov. 8. This is your opportunity to do your civic duty and select the next President of the United States. Exercise your freedom by placing your vote.

Veterans Day Moment of Silence

Friday Nov. 11 from 2:11pm to 2:13pm

Rep. Stephen Lynch first introduced the Veterans Day Moment of Silence Act in 2013. The bill has passed the House and Senate and will soon be signed by President Obama. The law calls for two minutes of silence at 2:11pm which will allow all fifty states and Puerto Rico to take part simultaneously. Veterans Day is a day to recognize and reflect on the service and sacrifice of all veterans, past and present.

Blue Hills Deer Hunt

The state has approved deer hunting at Blue Hills State Reservation on Nov. 29, Nov. 30, Dec. 6 and Dec. 7. It would be a good idea to avoid hiking at the Blue Hills during those two Tuesdays and Wednesdays.

Afternoon at the Movies - Nov. 21

On Monday, November 21 at 11:00am, the Holbrook Council on Aging in conjunction with the Winthrop Congregational Church will show a movie featuring Carol Burnett. 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.

Thanksgiving Lunch at St. John's

St. John's Episcopal Church, 322 S Franklin St., serves a free Thanksgiving lunch every year. Call the church at 781-767-4656 for more information and to reserve your seat.

The Holbrook Food Pantry distributes food every other Saturday from 10:00am to 11:30am at St. John's Church.

Thanksgiving at Lombardo's 11/24

This Thanksgiving will be Year 45 that Lombardo's in Randolph will offer a free 4-course dinner followed by music and dancing. Don't spend Thanksgiving alone. Call the Senior Center to reserve your ticket.

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.

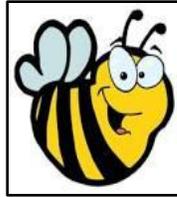
11/16 at 1:30pm: Save Me by Kristyn Lewis

12/1 at 6:30pm: The Man in the High Castle by Philip K. Dick

Fuel Assistance

Applications for State fuel assistance are available at the Senior Center. You must come to the Senior Center and fill out the application in person. Call ahead at 781-767-4617. You will need to bring a list of documents with you to process the application. Last year's guidelines ranged from \$33126 maximum gross income for a single-person household, \$43319 for a 2-person household and \$84089 for a family of six. **This year's guidelines were not available when this newsletter went to press.**

Your gas, oil, electricity, and phone companies may also have assistance programs for low-income households. Each company has different guidelines and qualifications. Usually, this information is provided with your monthly bill.



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

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.

Connie Orlando, Council on Aging Coordinator
 Pauline Smith, Chairperson of COA Trustees
 Margaret Feeley, Outreach and Van Driver
 Jim Taggart, Van Driver
 Terry Fraser, Cook
 Mary Kwiatkowski, Newsletter Editor

COA Board Meeting:

The next meeting will be Thursday, Nov. 17 at 10:00am. All Holbrook residents are welcome to attend.

TRIAD Meeting:

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

Friends of the Council on Aging Meeting:

The next meeting will be Monday, Nov. 7 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.

Shine Counseling on Mondays

Shine Counselor Yvonne will be available for Monday appointments at 12:00pm, 1:00pm and 2:00pm. If you need help with health insurance questions and billing problems regarding health insurance, call the Senior Center at 781-767-4617 for a private one-on-one appointment.

Donations Welcome

The Council on Aging would like to establish 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 Director through the COA 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.

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!



Happy Veterans Day! Happy Thanksgiving!

Holbrook Council On Aging
9 Jewel Road
Holbrook, MA 02343