

# Holbrook Council on Aging Newsletter

9 Jewel Road, Holbrook, MA 02343  
781-767-4617 (voice mail 24/7)  
[COA@holbrookmassachusetts.us](mailto:COA@holbrookmassachusetts.us)

**JULY  
2024**



**\*\*MESSAGE FROM THE COA COORDINATOR\*\***

[www.holbrookma.gov/council-aging](http://www.holbrookma.gov/council-aging)



**SUMMERTIME IS HERE!**

Can't believe July is here! June was a very exciting month for the COA. Our construction was completed and looks beautiful. Thanks to the MCOA Senior Center Modernization Grant. Please stop by and see the ADA improvements we have accomplished.

A group of our Seniors joined Avon for an enjoyable game at Fenway Park and the RED SOX won! A little hectic on the way home, but everyone survived and looking forward to next year.

The craft project in June was a decoupage vase and everyone who participated enjoyed the workshop. Our SeniorU workshop in June was "Follow the Mediterranean Diet." Not only were we presented with recipes but also a sample of a variety of Mediterranean food; hummus, small pitas, roasted cauliflower, grape leave wraps and figs served over a bed of spring mix with balsamic dressing...DELICIOUS!! Thank you SeniorU! Looking forward to our next workshop. As for Therapy Gardens, our outside raised vegetable garden beds are doing extremely well. We await our produce! We wrapped up June with Therapy Gardens workshop of "Vegetarian Soups and Meals". Be sure to sign up for these workshops as attendance is increasing.

TRIAD will be postponed until September and a fond farewell into retirement to our Holbrook Police Chief Bill Smith...we will miss you at TRIAD but feel free to drop in for a cup of coffee and conversation.

As always, any questions or concerns please contact the COA. Please know that there are activities and events that pop up during the month that don't make the newsletter so please call us or drop in for updates.

Hope to see you soon!

Cindy Brennan  
COA Coordinator

## MEET THE COA STAFF

Cynthia Brennan—Coordinator  
Margaret Feeley—Outreach  
Sandra Lemieux & Katherine Fabian—Receptionists  
Cathleen McCarthy—SHINE  
Maria Malinowski & Nancy McLellan—Kitchen  
Elaine Hyland—Newsletter Editor  
Missy (Marion) Rapoza—(Volunteer) My Senior Center  
Peggy Thompson—(Volunteer)  
Bruce Thompson— (Volunteer)  
Claire Crowell—(Volunteer) Master Reiki  
Kathy Bussolari—(Volunteer) CRAFTS

## VAN DRIVERS

Tom Donovan    Rick Evans  
Paul Callinan    Paul Stigas

## BOARD OF DIRECTORS

**TO BE DETERMINED ONCE  
APPOINTMENTS ARE MADE BY  
THE SELECT BOARD AS OF  
JULY 1, 2024**

**HOLBROOK COA 781-767-4617**

## **Holbrook COA - 9 JEWEL ROAD RENOVATIONS** **THANK YOU to MORALES CONSTRUCTION (Holbrook, MA)**



**NEW (extended) REAR AWNING**  
(shown with prior wooden ramp)



**NEW 42" wide FRONT DOOR**  
(shown with prior front slab)



**NEW FRONT CONCRETE RAMP  
& CUSTOM HANDRAILS**



**NEW REAR CONCRETE RAMP  
& CUSTOM HANDRAILS**



**Food for thought: TURN OUR  
"CHALLENGES" INTO "VICTORIES"**

**(Front/Rear doors equipped with automatic push button openers)**

**THE HOLBROOK FOOD PANTRY AND THE HOLBROOK COUNCIL ON AGING  
HAVE PUT TOGETHER A PLAN OFFERING TRANSPORTATION FOR OUR SENIORS  
TO "SHOP AT THE FOOD PANTRY"**

The Food Pantry has opened its doors for those Seniors that have *no other means of transportation* to the food pantry and **"ONLY"** those Seniors that have registered with the Holbrook Council on Aging for transportation will be able to participate. The Council on Aging vans will pick-up, drive to the Food Pantry and take you back home. Please contact the Holbrook Council on Aging at 781-767-4617 for more information and/or to register to take advantage of this program. A huge **THANK YOU** goes out to the volunteers at the Food Pantry for offering this program to our Seniors!

**NOTE:** Anyone who requires **TRANSPORTATION** to the Food Pantry on a Monday **MUST CALL** the prior **Thursday** before 3:00pm. Thank you!

**HOLBROOK FOOD PANTRY**

St. Joseph's Church on the second Saturday of each month from 10:15-11:00am  
(for those with transportation)

**2nd FOOD PANTRY PROGRAM**

The *New Birth Evangelical Church* and the *Brookville Bible Church* are sponsoring a Food Pantry the last Saturday of each month from 11:30am-1:00pm. Food distribution will be held at the *New Birth Evangelical Church*, 14 Technical Park Drive, Holbrook.

Veterans who require assistance, please contact our **VETERAN AGENT** Vincent Fountaine who is available Monday thru Thursday 8:00am-4:00pm and Friday 8:00am-12:00pm. Veterans are welcome to visit and/or speak with him regarding any questions or concerns you may have.

The office is located at: Foster Veteran Center  
30 Foster Road  
Braintree, MA 02184  
781-794-8217 or  
vfountaine@braintreema.gov

**SUMMER CONCERTS AT THE HOLBROOK GAZEBO**

During the months of July/August, the Holbrook Cultural Council is sponsoring these concerts each Sunday from 6:00-7:30pm. Please be sure to check the calendar for more information. Bring a chair and enjoy the music!

**JULY BIRTHDAYS!**

Rick Evans - 3  
Elaine Hyland - 8

PIZZA, SALAD &  
MOVIE in May



**COA Trip**

Red Sox vs.  
Atlanta  
Braves  
WON! 9-0

# SENIOR HAPPENINGS! (Ages 60+)



**Therapy Gardens**  
**“Unique Garden Ideas”**  
(last Thursday)



**SeniorU Workshop**  
**“Follow the Mediterranean Diet”**  
(2<sup>nd</sup> Wednesday)



**Senior Tour of the**  
**Holbrook FIRE DEPT**



**NORFOLK COUNTY SHERIFF**  
**Senior Workshop TEAM**



**WORKSHOP “GRADUATES”**



**NOTE: Only for the Summer months (June/July/Aug)**

**SENIORS Bowl “FREE” (2 strings)**

**(you pay a shoe rental fee only—\$4.00)**

**Tuesdays: 9:30-11:30 (just drop in)**

**Webster Timber Lanes Bowling (Candle Pin)**

**460 Bedford Street (Route 18)**

**Abington, MA 02351**

**Phone: 781-878-0219**

**NOTE: The Tuesday BOWLING is an activity**  
**available for those who are able to drive.**



**“Bailey Street Brass”**  
**Holbrook Rotary—COA BBQ**

## UPCOMING EVENTS!

~JULY~

- 3**—Lucky’s 777 Senior Luncheon (*Closed for the 4<sup>th</sup> of July*) – Join us in August!
- 8**—“**CRAFT**” Project – 10:30-Noon (**sign-up**)
- 9,11,16,18,23,25,30**—S.S.E.S. “**BINGO**cize” program 10:00-11:00 (**limited seating**)
- 10**—SeniorU 10:30am-Noon “**Trivia Fun: Local Foods**” (**sign-up**) \*\*
- 22**—“**Fosters**” (Maine) Lobster/Chicken luncheon \$45 (includes gratuities)
- 25**—**THERAPY GARDENS** 1:00pm-2:00pm “**Low Sugar Cooking**” (**sign-up required**)
- 25-26**—Saratoga, NY Race Track with Avon (**Contact the AVON COA 508-559-0060**)
- 31**—Veteran Agent 9:30am-10:30am (drop in for coffee)

**\*\* SeniorU workshop will be 1.5 hours, with the first half hour of open computer, technology, and cell phone assistance prior to each event.**

### ~ “**CLAMBAKE**” SENIOR TRIP ~ Departs from the COA at 10am

**JULY 22** – (Monday) “**Limited Seating**” (**sign-up required**)

Luxury Coach to “**FOSTER’S Clambake & Catering**” in York, Maine. \$45 (includes gratuities). The COA will pay for the cost of transportation.

Menu: Lobster, steamers, mussels, chowder, corn on the cob, potatoes, rolls, beverages (coffee, tea), dessert

#### AVAILABLE ENTRÉE ALTERNATIVE:

Hickory BBQ Chicken

OR

Vegetarian Polenta with Roasted Vegetables, Marinara & Goat Cheese

CALL THE SENIOR “**RMV**” HELP LINE 857-368-8005 (**appointments are required**). This is for anyone 65 years of age or older to get help scheduling an in-person appointment at a local RMV during designated service hours.



Holbrook COA  
Landscaping Team  
(Woody, Margaret  
and Nancy)

Happy 4<sup>th</sup> of July!!

# APPOINTMENT & TRANSPORTATION SCHEDULE

## S\*H\*I\*N\*E PROGRAM

*“Serving Health Insurance Needs for Everyone”*

For assistance with your Medicare Questions & Issues:

Appointments are available in person at the COA on

**Tuesdays (11:00am & 12:00 Noon)**

Please call to schedule your appointment 781-767-4617

**\*Note: SHINE is temporarily unavailable until further notice due to a medical leave.**

## REGULARLY SCHEDULED DAILY SOCIAL ACTIVITIES:

Monday—Drop-In at the Council 9:00am-3:00pm

Tuesday—**BINGO** 12:30pm

Wednesday—Drop-In for Coffee and Conversation 12:30pm

Thursday—**SOCIAL** 12:30pm

Friday—9:00-12:00 (**CLOSED** during July/August)

## MEDICAL APPOINTMENT TRANSPORT

*Medical Transport is “always” our top priority*

Call 781-767-4617 to reserve your MEDICAL Requests:

Service is ONLY to Holbrook, Brockton, Weymouth, Braintree, Randolph, Avon, Abington

**Note:** Requests for exceptions must be approved by COA Management

PLEASE book your appointments **AT LEAST 7 DAYS** in advance

Mon—Tues—Wed—Thurs for appointments from 8:00am—1:30pm

Friday for appointments—8:00am—11:00am

## FUEL ASSISTANCE (September—April)

To schedule your appointment with our Advisor  
Please call the COA 781-767-4617

## LOCAL SHOPPING TRANSPORT

Call 781-767-4617 to reserve your SHOPPING requests:

MONDAY—Transportation available for Senior activities

TUESDAY—9:00am **WALMART** (Avon)

WEDNESDAY—9:00am **MARKET BASKET** (Hanover)  
12:00pm **TRUCCHI’S** (Abington)

THURSDAY—9:00am **IN TOWN** Shopping

FRIDAY (**only MEDICALS**)  
(between 8:00am and 11:00am)

**\*\* VANS MUST BE BACK TO THE COA BY NOON \*\***

## PLEASE NOTE:

The COA will be **“CLOSED”** on Fridays beginning **June 21<sup>st</sup>** and remain closed on Fridays until after Labor Day (September 2, 2024).

(Van will be available for **“emergency”** Medicals only)

The COA will **“RE-OPEN”** on Fridays beginning September 6, 2024.

**PLEASE NOTE:** We are more than happy to mail the newsletter upon request. However, if you are able, please consider stopping by the Senior Center to pick up a copy in an effort to reduce our printing and postage costs. **THANK YOU!**

The Newsletter is available on-line at [www.holbrookma.gov/council-aging](http://www.holbrookma.gov/council-aging)

## ~Monthly Announcements~

**South Shore Elder Services** are conducting a 10-week **“BINGOcize”** summer program, 2 days a week (Tuesday/Thursday) for one-hour sessions (10:00-11:00). This is a “pilot program” and there is limited seating of 15 people. These workshops will be a “Bingo” theme and geared to educate our Seniors pertaining to Nutrition/Balance. Workshops will begin on **JULY 9<sup>th</sup>** Call 781-767-4617 to sign up.

We are pleased to have **Therapy Gardens** and **SeniorU** partner with us in providing workshops/presentations for our Seniors on the 2nd Wednesday of the month at 10:30 (**SeniorU**) and the last Thursday of the month at 1:00pm (**Therapy Gardens**)

We offer these presentations/workshops to our Seniors at no cost and are most grateful to have received State budget funds from Senator Keenan for programs and activities. Please join us for some fun and socialization. **Space is limited** “sign up” required 781-767-4617.

### YMCA—Stoughton

“FREE” Wednesdays for Seniors who present a COA Membership Card. NOTE: This is a separate card from your COA key ring tag. Please sign up at the COA.

### Executive Office of Elder Affairs

Through the Formula Grant, the EOEA not only funds our Newsletter, but the monies awarded to the Town of Holbrook by this program helps defray the cost of many of the day-to-day expenses for the necessities required to operate our Council on Aging.

**SOUTH SHORE COMMUNITY ACTION COUNCIL** provides transportation to Boston Medical Facilities for ongoing medical treatments. Please contact the COA 781-767-4617 (**7 days** in advance) to schedule appointments.

THE COA IS REACHING OUT TO LOCAL BUSINESSES TO OFFER THE PLACEMENT OF THEIR BUSINESS CARD IN OUR MONTHLY NEWSLETTER FOR THE REMAINDER OF 2024. WE WILL GLADLY ACCEPT A DONATION IN ANY AMOUNT TO HELP US OFFSET OUR NEWSLETTER PRINTING AND MAILING COSTS. WE DISTRIBUTE 700 ISSUES EACH MONTH AS WELL AS POSTING IT ON OUR HOLBROOK COA & TOWN WEBPAGE. PLEASE STOP BY THE COA TO DROP OFF THE BUSINESS CARD AND YOUR DONATION. **THANK YOU FOR YOUR SUPPORT!**



**David Wheeler**  
President  
Therapy Gardens, Inc.

508-944-1370 cell  
info@therapygardens.com

www.therapygardens.com  
@TherapyGardening on Facebook

### Thank you to Our Newsletter Sponsors



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# July 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>"FREE" SUMMER CONCERT</b> 6-7:30pm <b>Sundays</b> (Holbrook Gazebo)</p>	<p><b>1</b> 9:15-10:15 Walking Group (Sumner Field)</p>	<p><b>2</b> 9:30 Exercise 9:30-11:30 Bowling (Abington) 12:30 BINGO</p>	<p><b>3</b> 8:00-9:00 Staff &amp; Volunteer 9:30 Exercise</p>	<p><b>4</b> <b>HAPPY 4<sup>TH</sup> OF JULY</b>  (CLOSED)</p>	<p><b>5</b> <b>COA (CLOSED)</b></p>	<p><b>6</b></p>
<p><b>7</b> <b>Matt York</b> "Willie Nelson Tribute" (rain date 7/11)</p>	<p><b>8</b> 9:15-10:15 Walking Group (Sumner Field) 10:30-Noon "CRAFT" Project (sign up)</p>	<p><b>9</b> 9:30 Exercise 9:30-11:30 Bowling (Abington) 10:00-11:00 SSES <b>BINGO</b>cize 12:30 BINGO</p>	<p><b>10</b> 9:30 Exercise 10:30-Noon SeniorU "Local Trivia Fun: FOOD" (sign up)</p>	<p><b>11</b> 10:00-11:00 SSES <b>BINGO</b>cize 12:30 SOCIAL 1:00-2:00 Blood Pressure</p>	<p><b>12</b> <b>COA (CLOSED)</b></p>	<p><b>13</b> 10:15-11:00 St. Joseph's Food Pantry</p>
<p><b>14</b> <b>The Defenders</b> "Drum &amp; Bugle Corp" (rain date 7/18)</p>	<p><b>15</b> 9:15-10:15 Walking Group (Sumner Field) 10:00 FOOD PANTRY (those without transportation)</p>	<p><b>16</b> 8:00-9:00 Staff &amp; Volunteer 9:30 Exercise 9:30-11:30 Bowling (Abington) 10:00-11:00 SSES <b>BINGO</b>cize 12:30 BINGO</p>	<p><b>17</b> 9:30 Exercise 3:00 COA BOARD Meeting</p>	<p><b>18</b> 10:00-11:00 SSES <b>BINGO</b>cize 12:30 SOCIAL 1:00 REIKI (\$5 donation)</p>	<p><b>19</b> <b>COA (CLOSED)</b></p>	<p><b>20</b></p>
<p><b>21</b> <b>Bak-Ta-Bak</b> "Folk &amp; Rock Trio" (rain date 7/25)</p>	<p><b>22</b> 9:15-10:15 Walking Group (Sumner Field) 10:00 (leave) FOSTER'S Clambake Trip (York,ME)</p>	<p><b>23</b> 9:30 Exercise 9:30-11:30 Bowling (Abington) 10:00-11:00 SSES <b>BINGO</b>cize 12:30 BINGO</p>	<p><b>24</b> 9:30 Exercise</p>	<p><b>25</b> 10:00-11:00 SSES <b>BINGO</b>cize 1:00-2:00 Blood Pressure 1:00-2:00 <b>THERAPY GARDENS</b> "Low Sugar Cooking" (sign up)</p>	<p><b>26</b> <b>COA (CLOSED)</b>  (7:30pm return-NY)</p>	<p><b>27</b> 11:30-1:00 New Birth Evangelical Church FOOD PANTRY</p>
<p><b>28</b> <b>4EverFab</b> "Beatles Tribute Band" (rain date 8/20)</p>	<p><b>29</b> 9:15-10:15 Walking Group (Sumner Field)</p>	<p><b>30</b> 9:30 Exercise 9:30-11:30 Bowling (Abington) 10:00-11:00 SSES <b>BINGO</b>cize 12:30 BINGO</p>	<p><b>31</b> 9:00 Exercise 9:30-10:30 Veteran Agent</p>	<p><b>JULY 25<sup>th</sup> Saratoga, NY Senior Trip (overnight).</b> Please contact the AVON COA 508-559-0060 <b>NOTE: The Tuesday BOWLING is an activity available for those who are able to drive.</b></p>		

**PLEASE NOTE:** We are accepting sign-ups for **Therapy Gardens** and **SeniorU** workshops for the "current" month only in order to avoid any confusion regarding future dates. Please call 781-767-4617.