

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

**JANUARY  
2025**



## MESSAGE FROM OUR COA DIRECTOR

As I reflect on my first few months as Director of the COA, I want to express my sincere gratitude for the warm welcome I've received. It has been a truly rewarding experience to meet so many of you and to witness the kindness you extend to one another. The sense of community here is strong, and it's been inspiring to see how it thrives through our shared efforts.

The Holiday Stroll and Christmas Party were a perfect way to begin my time here, and I am deeply grateful for their success. It was fantastic seeing so many people brave the cold to come together and celebrate the season. I want to thank everyone who participated.

I also extend my heartfelt thanks to those whose generosity helps sustain and enhance the work we do at the COA. Bob Foshey and John Micciche, your thoughtful donations are genuinely appreciated, and we are grateful for your ongoing support. A special thank you to Senator Keenan for his continued efforts to secure funding for the COA. His dedication is crucial in helping us provide the services our Seniors enjoy. I look forward to working together to strengthen our services and community.

I'd also like to express my gratitude to the local businesses that help make a positive difference in the lives of our Seniors. A big thank you to Sara's Pizza for offering a 15% Senior discount every day, Lucky 777 for their generous monthly reduced-price menu for COA members, and Connection Café for their 15% Senior discount every Wednesday. Additionally, I'm thrilled to announce that Stanney's Restaurant will be offering a 50% Senior discount on their breakfast menu on January 17—what a fantastic opportunity to enjoy a delicious meal at an unbeatable price! We also want to thank Corner Pizza, which is offering special discounts to the COA for on-site activities. Their generosity will help make our events even more enjoyable for everyone involved. These partnerships help our Seniors enjoy affordable meals while fostering connections with others in the community. We are so appreciative of their support.

Another highlight was the November Triad Meeting, my first, which was filled with valuable information. I want to thank the Norfolk County Sheriff's Office for introducing their House to House for Heroes program, which provides essential resources to Veterans. Thank you as well to Marion from the Communication Center for the fascinating tour of Mission Control, to the Holbrook Police Officers for educating us on counterfeit gift cards, and to the Fire Safety Department for offering smoke and CO2 detector checks (please call the COA to schedule an appointment). Lastly, I'd like to thank Gayle from the Norfolk County District Attorney's Office for raising awareness about scams targeting Seniors and for bringing Scam Bingo back to the COA this month.

Looking ahead, we are excited to introduce new programs in the coming months. We will celebrate Birthdays on the last Monday of each month, complete with pizza, salad, and, of course, birthday cake. We'll also be welcoming a mobile foot and leg care provider to the COA later this month (see the newsletter for more details on fees). Additionally, Tim Forti, our Veterans Service Officer, has generously offered to provide coffee and donuts at our next Veterans' meeting on the last Wednesday of the month.

I want to wish you all a safe, joyful, and relaxing celebration as we ring in 2025! Thank you again for your warm welcome and for making the COA such a special place. I'm excited for the year ahead, and I look forward to a year of connection, growth, and all-out fun!

Warmest wishes,  
Holly Rose  
Director, COA

## MEET THE COA STAFF

Holly Rose—COA Director  
Margaret Feeley—Asst. Coordinator/Outreach  
Sandra Lemieux & Katherine Fabian—Receptionists  
Cathleen McCarthy—SHINE  
Maria Malinowski—Kitchen  
Elaine Hyland—Newsletter Editor (*Volunteer*)  
Missy (Marion) Rapoza—My Senior Center (*Volunteer*)  
Claire Crowell—Master Reiki (*Volunteer*)

## VAN DRIVERS

Tom Donovan - Paul Callinan - Rick Evans

## BOARD OF DIRECTORS

Elaine Hyland—Chair  
Beatrice Taggart—Vice Chair  
Claudette Leahy Theriault  
Kathryn Bussolari  
Robert Montgomery-Thomas  
Amy Mills  
Holly Rose—Director (ex-officio)  
\* Please consider applying  
to serve on our COA Board of  
Directors for a *one-year term*.  
**THANK YOU!**

**\*\*We have an opening for the Secretary position\*\***

## Join the COA Board of Directors!

Make a Difference in Your Community

The Council on Aging (COA) is seeking passionate individuals to serve on our Board of Directors for a *one-year term*. If you're interested in supporting local seniors and helping guide the COA, we encourage you to apply!

### About the COA Board:

- Board Composition: 11 members
- Meetings: 2nd Wednesday of each month at 3:00 PM
- Location: Council on Aging Building, 9 Jewel Rd, Holbrook, MA

### How to Apply:

1. Complete the Volunteer Application Form (stop by the COA and pick up an application)

### Submit Your Application To:

- In-Person: Select Board at Town Hall, 50 North Franklin Street
- Via Email: [Town\\_Administrator@holbrookmassachusetts.us](mailto:Town_Administrator@holbrookmassachusetts.us)

For more information, contact the Town Administrator at:  
[Town\\_Administrator@holbrookmassachusetts.us](mailto:Town_Administrator@holbrookmassachusetts.us)

Become a part of a dedicated team committed to improving the lives of  
Holbrook's seniors!

**DA Michael Morrissey invites you to  
Scam and ID Theft Bingo  
Win prizes as you learn about  
scams and how to avoid them**

The elder population is increasingly vulnerable to financial exploitation. As scammers have become more innovative with their schemes, we must get more creative about how to empower seniors with the tools and knowledge to avoid them. Fraud Bingo helps us teach seniors how to recognize scams that could have a devastating impact on their financial wellbeing and encourages them to report potential scams to the Federal Trade Commission and law enforcement.

The game is played just like regular Bingo but with an added twist: instead of numbers on the Bingo card, each square has a message about fraud, identity theft, or scams.

**Winners of the Scam and ID Theft Bingo games win prizes.**

**Sign up by calling the Holbrook Senior Center at 781-767-4617.**

**Join us on January 6<sup>th</sup>!**

## 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.

### EMERGENCY CONTACTS

(when in doubt call 911)

Outages: National Grid 800-465-1212 or report online [www.nationalgridus.com](http://www.nationalgridus.com)

Downed Power Lines & Wires: "911" or National Grid 800-465-1212 to report it immediately and keep everyone away from the scene

NON-EMERGENCY issues: downed trees or storm debris in the roadways-[Holbrook Regional Emergency Communications Center](http://Holbrook Regional Emergency Communications Center) 781-767-1212 & press 0. The Town will respond as quickly and safely as possible.

**PLEASE KEEP MOBILE DEVICES FULLY CHARGED**

**THANK YOU** to the [Holbrook Regional Emergency Communications Center \(HRECC\)](#) FOR THE WONDERFUL TOUR OF THE FACILITY. IT IS QUITE THE OPERATION! WE THANK YOUR ENTIRE STAFF FOR THEIR DEDICATION AND ENDLESS HOURS IN PROVIDING EMERGENCY RESPONSE SERVICES TO OUR COMMUNITY AS WELL AS 13 OTHER SURROUNDING TOWNS.

Every Wednesday of the month, the **Connection Café** (40 Union Street) is offering Seniors a 15% discount.

On January 17th at 10:00am, **Stanney's Restaurant** (300 Union Street) is offering a Senior 50% discount breakfast

### **"Holbrook Class Reunions" Reconnect with graduates from 1950-1959!**

It's been a while, but the memories of our school days are still with us. The Council on Aging is in the planning stages of hosting a reunion for all graduates from 1950-1959, and we'd love for you to join us! This is a great opportunity to reconnect with old friends, share some laughs, and reminisce about the times that shaped our youth.

It will be an afternoon of conversation, coffee, tea, and light snacks. Whether you graduated from public school, private school, or another local school, this gathering is a chance to relive memories, celebrate friendships, and perhaps start some new ones as well. We plan to host additional reunions for the graduates of 1960-1969 & 1970-1979.

We look forward to seeing you there, catching up, and celebrating the friendships that made those school years so special. Watch for more details!

While captions have been available on HCAM's Video on Demand for about a year now, we are excited to announce that they are now also conveniently available on live and re-broadcasted HCAM-produced original programming on cable! If you already have your TV settings enabled for closed captions, the captions will automatically appear on HCAM channels when they are available.



# SENIOR HAPPENINGS! (Ages 60+)



**Therapy Gardens**  
"Chowders, Bisques/Stews"



**Christmas Season**  
BINGO



**CRAFT CLASS with Holly**  
"Diamond Art"



**Christmas Party**



## **BLOOD PRESSURE CLINIC**

**1:00-2:30pm**

**(2<sup>nd</sup> & 4<sup>th</sup> Thursday each month)**

## **Join Us for a Monthly Birthday Celebration!**

The Holbrook Council on Aging (COA) invites all seniors 60+ to celebrate the *current month's* birthdays on the **last Monday** of every month at the Council on Aging. Whether it's your birthday or not, this is a special time to come together, enjoy good food, and celebrate the wonderful Senior community we have in Holbrook!

Each month, we'll enjoy a delicious meal featuring pizza provided by **Care One**, a fresh salad and a sweet slice of birthday cake from the COA. It's a relaxed and welcoming event where you can connect with friends, share stories, and make new memories.

Mark your calendars for the **last Monday of every month** at **12:00-2:00pm**—it's the perfect opportunity to enjoy food, laughter, and camaraderie. We look forward to celebrating with you and establishing new friendships within our community!

**Veterans are welcome to visit or call us with any questions or concerns you may have. Stop by and meet our new Veteran Service Officer, **Tim Forti****

**Monday-Thursday 8:00am-4:00pm**

**Friday 8:00am-12:00pm**

**Foster Veteran Center**

**30 Foster Road**

**Braintree, MA 02184**

**[tforti@braintreema.gov](mailto:tforti@braintreema.gov) 781-794-8217**

**We provide services for Braintree, Holbrook & Avon Veterans; however, *all* Veterans are welcome and encouraged to stop by the Center for coffee, games, socialization, cards, darts, pool and ping pong.**

**Veterans Coffee Hour**

Braintree Foster Veterans Service Center  
30 Foster Road, Braintree MA 02184

2<sup>nd</sup> and 4<sup>th</sup> Tuesday at 9 am every month in the James A. "Jimmy" O'Donnell Veterans Recreational Room

All Veterans are welcomed

Guest speakers will be present to give out information and to answer any questions

Tim Forti  
Veteran Service Officer for the Towns of Braintree, Holbrook, and Avon  
[tforti@braintreema.gov](mailto:tforti@braintreema.gov)/781-794-8217

# **JANUARY** (sign up is required for events/activities – call the COA 781-767-4617)

**6—SCAM BINGO** (Norfolk County DA) – 10:30am

**8—SeniorU** 10:30-Noon **“Sugar Fix! Reduce Sugar Cravings”**

**8—Lucky’s 777 Senior Luncheon** (senior specials) – 12:00pm

**8—COA Board of Directors meeting** – 3:00pm (9 Jewel Road)

**16—TRIAD** 10:00-11:00 (Norfolk County DA/Sheriff, Holbrook Police, Fire and Communications). **NOTE: Due to lack of space at the COA, these TRIAD meetings are being held at the Holbrook Public Safety building Training Room. Enter thru the rear parking lot (300 South Franklin Street). Overflow parking in the rear of St. John’s Episcopal Church.**

**17—Breakfast at Stanney’s** – 50% Senior discount (breakfast menu) 10:00am

**27—“January” Birthday Celebration** (at the COA) 12:00-2:00pm

**29—Veteran Service Officer** 10:00-11:00am (drop in for coffee and donuts)

**30—THERAPY GARDENS** 1:00-2:00pm **“Avoid Inflammation & Ultra-Processed Foods”**



**TRIAD** at the Holbrook Public Safety Building with the Norfolk County Sheriff/DA offices, Holbrook Police, Fire and Communications on the **3<sup>rd</sup> Thursday** of each month.

## **HOLIDAY STROLL 2024!**



**15% Senior Discount (every day)**



**SARA’S PIZZA** – 424 North Franklin Street, Holbrook  
(next to the Highland Plaza)

Enjoy Oven Hot Pizza, Great Tasting Subs,  
Fresh Salads & Delicious Dinners!

**(781) 963-0351** or “Text” John **781-901-1423**  
(mention the Senior discount)

**THANK YOU TO THE ROCKLAND GOLF COURSE AND SMITH’S CATERING FOR HOSTING OUR ANNUAL COA CHRISTMAS PARTY. IT WAS A FUN TIME FOR ALL ESPECIALLY WITH OUR FRIEND “BUDDY THE ELF” AND OF COURSE “SANTA AND RUDOLPH! ON BEHALF OF THE HOLBROOK COUNCIL ON AGING WE WISH EVERYONE A VERY HAPPY “2025” NEW YEAR!**



## TRANSPORTATION & APPOINTMENT SCHEDULE

### S\*H\*T\*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

**Mondays/Tuesdays (10:00am - 11:00am - 12:00 Noon)**

Please call to schedule your appointment 781-767-4617

### FUEL ASSISTANCE (September—April)

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

**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.

### 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

### 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 MEDICAL**)  
(between 8:00am and 11:00am)

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

### 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

### 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.

**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 postage costs. **THANK YOU!**

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

**NOTE:** If the Holbrook Schools are closed due to bad weather, the vans do not operate. It is your responsibility to inform your doctor’s office and reschedule your appointments. Thank You!

## ~Monthly Announcements~

The COA Board of Directors is seeking **5** more members to serve on our Board for a **one-year** term. Open to all adult residents. The COA Board is comprised of 11 members who meet on the 2nd Wednesday of each month at 3:00pm at the Council on Aging building. Please stop by the COA and pick up the application form and forward it to:

Select Board at Town Hall (50 North Franklin Street) or email it to:

[Town\\_Administrator@holbrookmassachusetts.us](mailto:Town_Administrator@holbrookmassachusetts.us)

### 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.

**TRIAD** is a program that the Norfolk County Sheriff's Office runs by working with local councils on aging to put senior citizens in touch with any and all pertinent public safety and social service organizations in their area. Through regular meetings, on the *3<sup>rd</sup> Thursday each month*, **TRIAD** facilitates two-way communication that allows seniors to directly voice their concerns, while police and fire officials and any number of other safety and health organizations can make the seniors aware of relevant programs.

**Morales Construction**

Marcos Ricardo Morales  
owner  
info@moralesconstruction.net  
Cell: 781-510-6324

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www.moralesconstruction.net  
Office: 781-885-1649



**THERAPY GARDENS**

David Wheeler  
President  
Therapy Gardens, Inc.

508-944-1370 cell  
info@therapygardens.com

www.therapygardens.com  
@TherapyGardening on Facebook

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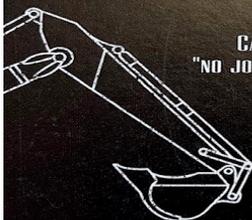


stikehomes.com | advocaterealtyma.com

**CALLINAN ASSOCIATES**  
"NO JOB IS TOO SMALL FOR US"

85 Abington Ave  
Holbrook, MA 02343  
617-653-8188

**Paul Callinan**  
General Manager  
pmcall829@aol.com



# January

2025

| Sunday           | Monday   | Tuesday   | Wednesday  | Thursday  | Friday   | Saturday  |
|------------------|--|---|--|---|--|---|
|                  | <p>Every <b>WEDNESDAY</b> of the month, the <b>Connection Café</b> is offering Seniors a 15% discount.</p> |   | <p><b>1</b></p> <p><b>HAPPY<br/>NEW<br/>YEAR!</b></p>  | <p><b>2</b></p> <p>12:30 SOCIAL</p> <p>1:00 REIKI (\$5 donation)</p>  | <p><b>3</b></p> <p>9:30 Exercise</p>   | <p><b>4</b></p>   |
| <p><b>5</b></p>  | <p><b>6</b></p> <p>9:30 Exercise</p> <p>10:30 SCAM BINGO (DA Morrissey)</p>                                | <p><b>7</b></p> <p>9:30 Exercise</p> <p>12:30 BINGO</p>   | <p><b>8</b></p> <p>9:30 Exercise</p> <p>10:30-Noon SeniorU</p> <p>“Reduce Sugar Cravings”</p> <p>12:00 Lucky’s 777 (Time Change)</p> <p>3:00 COA Board</p> | <p><b>9</b></p> <p>12:30 SOCIAL</p> <p>1:00-2:30 Blood Pressure</p>   | <p><b>10</b></p> <p>9:30 Exercise</p>  | <p><b>11</b></p> <p>10:15-11:00 St. Joseph’s FOOD PANTRY</p>                |
| <p><b>12</b></p> | <p><b>13</b></p> <p>9:30 Exercise</p> <p>10:00 &amp; 11:15 FOOD PANTRY (those without transportation)</p>  | <p><b>14</b></p> <p>9:30 Exercise</p> <p>12:30 BINGO</p> <p>7:00 COA Building Advisory Mtg.</p> | <p><b>15</b></p> <p>9:30 Exercise</p> <p>12:30-2:00 “Diamond Art” (with Holly)</p>   | <p><b>16</b></p> <p>10:00-11:00 TRIAD (Public Safety Building)</p> <p>12:30 SOCIAL</p> <p>1:00 REIKI (\$5 donation)</p>       | <p><b>17</b></p> <p>9:30 Exercise</p> <p>10:00 Stanney’s Breakfast (50% Senior Discount)</p> | <p><b>18</b></p>  |
| <p><b>19</b></p> | <p><b>20</b></p> <p>Martin Luther King HOLIDAY</p> <p><b>COA CLOSED</b></p>                                | <p><b>21</b></p> <p>9:30 Exercise</p> <p>12:30 BINGO</p>  | <p><b>22</b></p> <p>9:30 Exercise</p> <p>9:00-2:30 Mobile Foot &amp; Leg Care (sign up) \$40</p>   | <p><b>23</b></p> <p>12:30 SOCIAL</p> <p>1:00-2:30 Blood Pressure</p>  | <p><b>24</b></p> <p>9:30 Exercise</p>  | <p><b>25</b></p> <p>11:30-1:00 New Birth Evangelical Church FOOD PANTRY</p> |
| <p><b>26</b></p> | <p><b>27</b></p> <p>9:30 Exercise</p> <p>12:30-2:00 “January” BIRTHDAY CELEBRATION (at the COA)</p>        | <p><b>28</b></p> <p>9:30 Exercise</p> <p>12:30 BINGO</p>  | <p><b>29</b></p> <p>9:30 Exercise</p> <p>10:00-11:00 Veteran Service Officer (coffee/donuts)</p>   | <p><b>30</b></p> <p>12:30 SOCIAL</p> <p>1:00-2:00 THERAPY GARDENS</p> <p>“Avoid Inflammation &amp; Ultra-Processed Foods”</p> | <p><b>31</b></p> <p>9:30 Exercise</p>  |   |