

Holbrook Council on Aging Newsletter



9 Jewel Road, Holbrook, MA 02343
781-767-4617 (voice mail 24/7)

COA@holbrookmassachusetts.us
www.holbrookma.gov/council-aging

**FEBRUARY
2025**



MESSAGE FROM OUR COA DIRECTOR

I hope everyone had a Happy New Year! And an excellent start to 2025! As we wrap up the month of January, I want to reflect on the many exciting events and programs that took place at the Council on Aging.

Our first Birthday Celebration was a huge success, thanks to the generous contributions from CareOne and Market Basket. A big thank you to them and to everyone who joined us for this fun event! A special thank you goes to Donna Golden for bringing her Mobile Medical Foot Clinic to the COA. It's terrific to have services available that promote the health and well-being of our members, and we appreciate her dedication to this important work. Our Scam Bingo event was a great success, and we learned a lot about protecting ourselves against scams. A big thank you to Gayle Bellotti of the Norfolk County District Attorney's Office for hosting this informative event.

At the Triad meeting, Gayle also shared that she is a notary and can provide notary services at the COA at no charge by appointment only (please call to arrange). She also shared an important reminder — not to click on links in text messages unless you know the sender personally! It's a simple way to protect yourself from potential scams. We also learned that the Sheriff's Office provides free Sand buckets for seniors. Don't hesitate to contact the COA if you need one, and we will arrange to get a bucket to you. I am excited to announce that Triad will return to the COA this month and remain at the COA moving forward.

A heartfelt thank you to Dave Wheeler, who continues to offer two of our member favorites, *Therapy Gardens* and *Senior U*. These programs have been incredibly popular, and we appreciate Dave's ongoing commitment to creating meaningful and enriching experiences for our community.

Senator Keenan will hold office hours at the COA, which is an excellent opportunity to speak directly with your Senator about the issues that matter to you. We're also excited to introduce some new programs to our lineup! Exercise with Alex on Mondays and Silver Sneakers Cardio Dance on Fridays with me. Let's get moving together! To complement these activities, Mercy from Nutrition for Healing will offer a presentation on healthy eating, and we're thrilled to welcome Harper, one of our area's comfort dogs, for a special visit. We're also expanding book collection by introducing a new selection of large print library books which are available for checkout at the COA. We're also looking forward to our first Breakfast and a Movie series, starting with a viewing of Pleasantville and accompanied by a delicious pancake breakfast in honor of National Pancake Day. It will be a fun and relaxing way to spend the morning.

Lastly, don't forget to RSVP for our potluck dinner at the Viking Club at the end of the month! It's a great opportunity to share your favorite dish, side, or dessert with others and enjoy a wonderful meal together. We can't wait to see everyone there!

Thank you to everyone who participated in our events this past month. We look forward to seeing you for even more exciting activities and programs throughout February. Stay active, stay healthy, and most importantly, stay connected!

Warm regards,
Holly Rose

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
Robert Montgomery-Thomas
Amy Mills
Marion (Missy) Rapoza
Rosemary Clarke
Carol Byrne
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****

IF YOU REQUIRE FUEL ASSISTANCE IN THE UPCOMING MONTHS, PLEASE CONTACT THE COA. THE PROGRAM RUNS FROM SEPTEMBER 2024-APRIL 2025

Fiscal Year 2025
 Home Energy Assistance Program (HEAP)
 Income Eligibility and Benefit Levels

Number of People in a Household	100% of Federal Poverty Level	125% of Federal Poverty Level	150% of Federal Poverty Level	175% of Federal Poverty Level	200% of Federal Poverty Level	60% of Estimated State Median Income
1	\$ 15,060	\$ 18,825	\$ 22,590	\$ 26,355	\$ 30,120	\$ 49,196
2	\$ 20,440	\$ 25,550	\$ 30,660	\$ 35,770	\$ 40,880	\$ 64,333
3	\$ 25,820	\$ 32,275	\$ 38,730	\$ 45,185	\$ 51,640	\$ 79,470
4	\$ 31,200	\$ 39,000	\$ 46,800	\$ 54,600	\$ 62,400	\$ 94,608
5	\$ 36,580	\$ 45,725	\$ 54,870	\$ 64,015	\$ 73,160	\$ 109,745
6	\$ 41,960	\$ 52,450	\$ 62,940	\$ 73,430	\$ 83,920	\$ 124,882
7	\$ 47,340	\$ 59,175	\$ 71,010	\$ 82,845	\$ 94,680	\$ 127,720
8	\$ 52,720	\$ 65,900	\$ 79,080	\$ 92,260	\$ 105,440	\$ 130,559
9	\$ 58,100	\$ 72,625	\$ 87,150	\$ 101,675	\$ 116,200	\$ 133,397
10	\$ 63,480	\$ 79,350	\$ 95,220	\$ 111,090	\$ 126,960	\$ 136,235
11	\$ 68,860	\$ 86,075	\$ 103,290	\$ 120,505	\$ 137,720	\$ 139,073
12	\$ 74,240	\$ 92,800	\$ 111,360	\$ 129,920	\$ 141,912	\$ 141,912
13	\$ 79,620	\$ 99,525	\$ 119,430	\$ 139,335	\$ 144,750	\$ 144,750
14	\$ 85,000	\$ 106,250	\$ 127,500	\$ 147,588	\$ 147,588	\$ 147,588
15	\$ 90,380	\$ 112,975	\$ 135,570	\$ 150,427	\$ 150,427	\$ 150,427
16	\$ 95,760	\$ 119,700	\$ 143,640	\$ 153,265	\$ 153,265	\$ 153,265
17	\$ 101,140	\$ 126,425	\$ 151,710	\$ 156,103	\$ 156,103	\$ 156,103
Homeowners and Non-Subsidized Housing Tenants						
Deliverable Fuel (Oil, Propane, Kerosene & Other)	\$600	\$550	\$510	\$470	\$470	\$430
Utility and Heat-Included-in-Rent	\$500	\$460	\$425	\$390	\$390	\$355
High Energy Cost Supplement	TBD	TBD	TBD	TBD	TBD	TBD
Subsidized Housing Tenants						
Deliverable Fuel (Oil, Propane, Kerosene & Other)	\$420	\$385	\$355	\$325	\$325	\$300
Utility and Heat-Included-in-Rent	\$350	\$325	\$300	\$275	\$275	\$250
High Energy Cost Supplement	TBD	TBD	TBD	TBD	TBD	TBD
High Energy Cost Supplement (HECS) Thresholds - TBD						

Note: Contact EOHLIC to determine eligibility for a household of 18 and above.
 Sources (Income Level): *Annual Update of the HHS Poverty Guidelines, Federal Register, January 17, 2024 (89 FR 2961-2963) and
 *Federal Poverty Guidelines and State Median Income Estimates ... Mandatory Use in FY25 LH/EAP", USHHS, OCS, DEA, LH/EAP-IM-2024-02

The **Benefit Amount** awarded to eligible households is based on several household factors reflected on this chart. Those include the number of people in a household, their gross income, the energy source, and the housing situation.

The **High Energy Cost Supplement** is an additional benefit provided only to qualifying, eligible HEAP households whose previous year's heating source costs exceed the above listed HECS thresholds.

About The RIDE

The RIDE paratransit service provides door-to-door, shared-ride public transportation to people who can't use the subway, bus, or trolley all or some of the time due to temporary or permanent disability.

The RIDE is available year-round in 58 cities and towns in the greater Boston area, with similar operating hours to the MBTA—generally from 5 AM to 1 AM daily. Customers schedule their trips on The RIDE one to five days in advance and are given a pick-up window for their ride's arrival. Travel times are comparable to the same trip taken on fixed-route transit (bus, subway, or trolley) plus an additional 20 minutes. Like other public transit services, The RIDE is a shared service, so you'll travel with other customers going in the same general direction.

Paratransit, like other public transportation services, may not meet all the needs of people with disabilities, and it does not function as medical or human service transportation. For information about alternative transportation options, please contact the [Mobility Center](#).

The Mobility Center, [located in Boston at 1000 Massachusetts Ave](#), is available to anyone looking to explore accessible transit options and other community transport resources.

Find out how the Mobility Center can help you by calling us at [617-337-2727](tel:617-337-2727).

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.



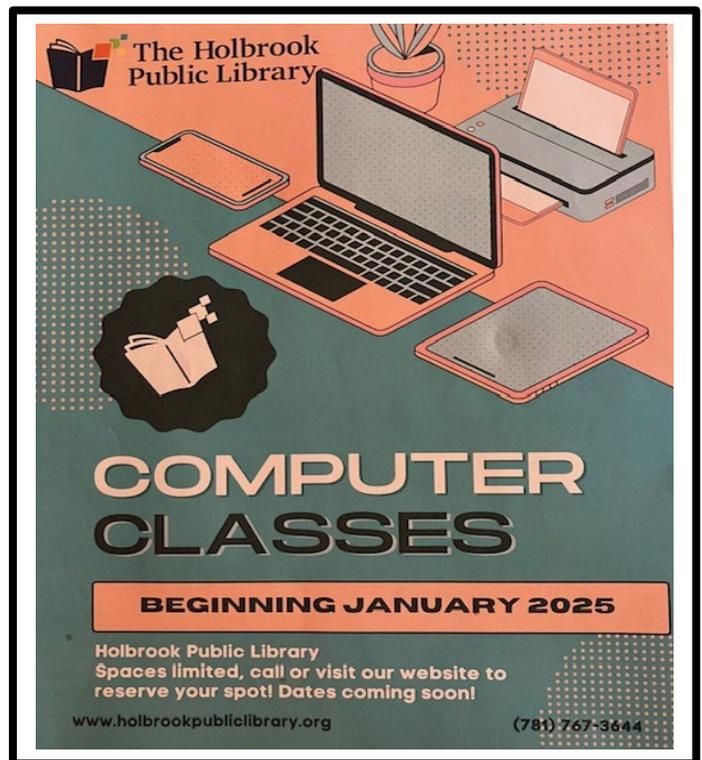
OUR JANUARY SENIOR BREAKFAST AT STANNEY'S RESTAURANT

Please join us on Friday, February 28, 2025 from 1:00-4:00pm at the **Viking Club** in Holbrook, 220 South Franklin Street (**across from the JR/SR High School**) for our first "Pot Luck" luncheon.

Our COA is hosting this for our Seniors and will provide beverages. Please bring your favorite appetizer, dish, or dessert to share during this cold winter season.

This is an opportunity to socialize and connect with others while enjoying some good food, conversation and activities.

Please **RSVP** to the Council on Aging at 781-767-4617 by **2/24/25**. We look forward to having you join us and making this a memorable event.



The Holbrook Public Library

COMPUTER CLASSES

BEGINNING JANUARY 2025

Holbrook Public Library
Spaces limited, call or visit our website to reserve your spot! Dates coming soon!

www.holbrookpubliclibrary.org (781) 767-3644

"Nuggets of Advice"

by Barbara-Lee Kelly
(excerpt from her book)

"Sometimes you have to let go of the picture of what you thought life would be like and learn to find joy in the story you are actually living" (Rachel Marie Martin)

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 donated by **Care One**, a fresh salad and a sweet slice of birthday cake donated by **Market Basket**. 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 12:30-2:00pm**—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!

Come Celebrate with the Council on Aging! Monthly Birthday Bash!

We're excited to honor our wonderful COA members who are celebrating their birthdays! Join us for a fun and festive party on the last Monday of every month.



What's on the menu?

Pizza, fresh salad, and of course...birthday cake!

When: 12:30 PM – 2:00 PM

The last Monday of each month

Where: Council on Aging, 9 Jewel Road,
Holbrook, MA

Come enjoy some delicious food, great company, and celebrate another year with friends at the **Council on Aging**.

Please RSVP at 781-767-4617 so we can make sure there's plenty of cake and goodies to go around! We can't wait to celebrate with you!

The Holbrook Council on Aging would like to **THANK** the following local businesses for offering various Senior discounts:

Lucky's 777 – monthly special luncheon menu on the 1st Wednesday at NOON

Stanney's – breakfast menu discount once a month 10:00-12:00 – **Must Sign Up**

Sara's Pizza Palace – EVERY DAY a 15% senior discount

Connection Café – EVERY Wednesday a 15% senior discount.

Corner Pizza – provides a discount for our in-house events

Care One – donates pizza for our Birthday Bash on the last Monday of the month

Market Basket – donates salad/cake for our monthly Birthday Bash

We encourage other local businesses to consider participating by calling the COA at 781-767-4617. **THANK YOU!**



The Holbrook COA is planning to schedule a variety of “new” activities, programs and day trips in 2025. We also have tables set up on certain days for games, cards and crafts. There is light exercise offered each day from 9:30-10:00. Be sure to check our monthly newsletter for more details and updates.

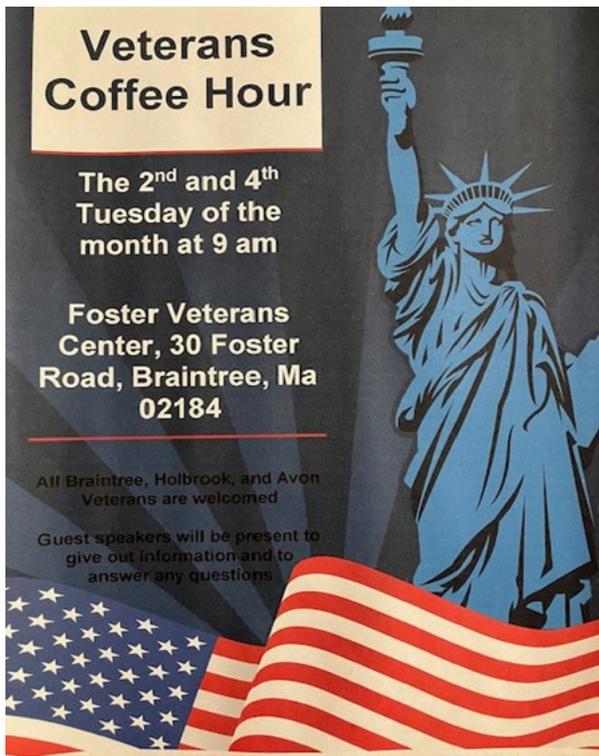
As always, our **COA Vans are available to those in need of transportation** to our COA or for off-site functions. Please call 781-767-4617.

“2024 COA CHRISTMAS PARTY”





To request a printed copy of your photo, please call the COA 781-767-4617



Veterans are welcome to visit or call us with any questions or concerns you may have.

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

Friday 8:00am-12:00pm

Foster Veteran Center

30 Foster Road

Braintree, MA 02184

veterans@holbrookmassachusetts.us

781-794-8217

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

Foster Veterans Service Center

Clothing, toiletries, and Food Pantry for VETERANS



If you are a **Veteran in need we can help**

We take donations. Food must be non-perishable or boxed. We cannot take used clothes or toiletries.

Foster Veterans Service Center

Veterans Services for the Towns of Braintree, Holbrook, and Avon

781-794-8217

30 Foster Road Braintree, MA 02184



Therapy Gardens - MASS TRIVIA



SeniorU - "Reduce Sugar Cravings"



TRIAD with the Norfolk County Sheriff/DA offices, Holbrook Police, Fire and Communications on the 3rd Thursday of each month. **NEW LOCATION:** Holbrook Council on Aging

CODE RED is a program where residents are notified by your local emergency response team in the event of emergency situations or critical community alerts. Examples include: evacuation notices, bio-terrorism alerts, boil water notices, and missing child reports. Please complete the on-line form for the Holbrook Regional Emergency Communications Center.

<https://holbrookrecc.com/helpful-links/>

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)

MARKET BASKET HAS GRACIOUSLY PROVIDED US WITH A SALAD AND A BIRTHDAY CAKE TO CELEBRATE OUR FEBRUARY BIRTHDAYS! PLEASE JOIN US ON 2/24/25.

CareOne at Randolph is a 168-bed skilled nursing and rehabilitation facility that provides hospital-level care in a place that feels like home.

At **CareOne** at Randolph, our residents' health, safety, and happiness is our top priority. We go above and beyond to build strong relationships with residents and their families to ensure patients get the highest quality of care in an environment that feels like home.

CareOne at Randolph's programs are designed to meet residents' specific needs, whether they're recovering from surgery or dealing with a chronic condition. No matter the length of your stay, our team will provide a care plan that prioritizes recovery and comfort.

CareOne at Randolph's best-in-class Pulmonary Program offers in-wall, high-flow oxygen that, together with our onsite pulmonary physician and full-time respiratory therapist, will help you breathe easier and live a more active life. Our Randolph skilled nursing and rehabilitation facility is conveniently located off Route 24.

49 Thomas Patten Dr, Randolph, MA 02368 (781) 961-1160

Beginning on Friday February 7 from 10:00-10:30 we are introducing "Silver Sneakers" Cardio Class led by Holly. We will offer this again on February 14 & 28.

FEBRUARY (SIGN UP) is required for events/activities – call the COA 781-767-4617)

- 3, 10, 24**—Exercise with Alex 10:00-11:00am
- 5**—Lucky’s 777 Senior Luncheon (senior specials) – NOON
- 11**—Breakfast and a Movie 10:00-12:15 “Pleasantville”
- 13**—Nutrition for Healing Educator 11:00-12:00
- 12**—SeniorU 10:30-Noon “Two Truths and a Lie Game”
- 19**—Movie Day “Thelma” 12:30-2:00pm (sponsored by the Norfolk County DA)
- 20**—TRIAD 10:00-11:00 (Norfolk County DA/Sheriff, Holbrook Police, Fire and Communications). **LOCATION Change** (Holbrook Council on Aging)
- 21**—**Senator Keenan** Office Hours 10:30-NOON
- 24**—Birthday Celebration (at the COA) 12:30-2:00pm
- 25**—Comfort Dog “Harper” 10:00-12:00
- 26**—Mobile Foot & Leg Care 9:00-12:00 (by appointment)
- 26**—Veteran Agent 10:00-11:00 (drop in for coffee and donuts)
- 26**—Diamond Art (with Holly) 12:30-2:00pm
- 27**—THERAPY GARDENS 1:00-2:00pm “Cooking Smart for 1-2 People”
- 28**—Pot Luck Luncheon 1:00-4:00pm (Viking Club) 220 S. Franklin Street, Holbrook



Meet & speak
with your
State Senator



Sen. John F. Keenan is holding
office hours at the
Holbrook Council on Aging

Friday, February 21, 10:30 am to noon
9 Jewel Road, Holbrook

Those with questions or comments
about local or state government are
encouraged to stop by and chat



TRANSPORTATION & APPOINTMENT 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

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)

** **Feb. 12th** 12:00pm **OCEAN STATE JOB LOT**
(Avon) - **NO TRUCCP'S**

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

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

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.

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 **4** more members to serve on our Board for a **one-year** term. 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 either call the COA and we can mail you a copy of the application form or you can stop by and pick it up. Please forward it to the Select Board at Town Hall (50 North Franklin Street) or email it to: Town Administrator@holbrookmassachusetts.us

Executive Office of Elder Affairs

Through the Formula Grant, the EOEA provides funding for our Newsletter costs, as well as monies to help 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, **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.

Location: Holbrook COA, 9 Jewel Road, Holbrook, MA

Morales Construction

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

Roofing, Siding, Framing and more
Free Estimates
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



***STANNEY'S RESTAURANT**
***CONNECTION CAFÉ**
***CORNER PIZZA**
***LUCKY'S 777's**
***SARA'S PIZZA**
***CARE ONE**
***MARKET BASKET**

**Thank You to
Our Newsletter
Sponsors**



COOKS CUSTOMS
WELDING AND METAL
FABRICATION
617-981-3029
COOKSCUSTOMS94@GMAIL.COM

COMMERCIAL & RESIDENTIAL

- IRONWORK
- HANDRAILS
- BRAKE FORMING
- HARDFACING & BUCKET REPAIRS
- MARINE FAB & REPAIRS
- ON SITE WELDING REPAIRS
- WELDING OF STEEL, STAINLESS STEEL, ALUMINUM, CAST

CERTIFIED & INSURED



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



Stikeleather
REAL ESTATE

ADVOCATE REALTY

Shepard Long
Managing Broker
781-690-3630 (cell)
781-767-5550 (office)
shep@stikehomes.com



stikehomes.com | advocaterealtyma.com

February

TUESDAYS—9:00am **WALMART** (Avon)

WEDNESDAYS— 9:00am **MARKET BASKET** (Hanover)

Feb. 12th 12:00pm **OCEAN STATE JOB LOT** (Avon)

THURSDAYS—9:00am **IN TOWN** Shopping

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>*Those without transportation to the Food Pantry on the 2nd Monday must sign up for the VAN</p>	<p>424 N. Franklin (Holbrook)</p> <p>Every DAY of the month, Sara's Pizza Palace offers a 15% Senior discount</p>	<p>40 Union Street (Holbrook)</p> <p>Every WEDNESDAY the Connection Café offers a 15% Senior discount</p>	<p>*NOTE: Please call the COA if you need a ride to TRIAD (AT THE COA) 3rd Thursday each month</p>	<p>60 Plymouth St (Holbrook)</p> <p>United Methodist Church</p> <p>11:00am-1:00pm WEDNESDAYS "FREE" Soup Lunch</p>	1
2	3	4	5	6	7	8
<p>9:30 Exercise 10:00-11:00 Exercise w/Alex 11:00-2:00 Games/Cards</p>	<p>9:30 Exercise 10:00 Coffee Hour 12:30 BINGO</p>	<p>9:30 Exercise 12:00 Lucky's 12:30-2:00 Diamond Art (with Holly)</p>	<p>9:30 Exercise 12:30 SOCIAL 1:00-2:30 Blood Pressure & Glucose Screening</p>	<p>9:30 Exercise 10:00-10:30 Silver Sneakers (Cardio Dance)</p>	<p>10:15-11:00 St. Joseph FOOD PANTRY (those with transportation)</p>	
9	10	11	12	13	14	15
<p>9:30 Exercise 10:00-11:00 Exercise w/Alex 10:00 & 11:15 FOOD PANTRY (COA Van Only) * 12:30-2:00 Left/Right/Center</p>	<p>9:30 Exercise 10:00-12:15 Breakfast & Movie "Pleasantville" 12:30 BINGO 7:00 COA Building Cte.</p>	<p>9:30 Exercise 10:30-12:00 SeniorU "Two Truths and a Lie Game" 12:00pm "Ocean State Job Lot" 3:00 COA Board</p>	<p>9:30 Exercise 11:00-12:00 Nutrition for Healing Presentation 12:30 SOCIAL</p>	<p>9:30 Exercise 10:00-12:00 Stanney's Breakfast Menu (Senior 50% Discount) *Must Sign Up</p>		
16	17	18	19	20	21	22
<p>HOLIDAY President's Day COA CLOSED</p>	<p>9:30 Exercise 10:00 Coffee Hour 12:30 BINGO</p>	<p>9:30 Exercise 12:30-2:00 Movie Day "Thelma" (sponsored by the Norfolk County DA's office)</p>	<p>9:30 Exercise 10:00-11:00 TRIAD (Council on Aging) 12:30 SOCIAL 1:00-2:30 Blood Pressure</p>	<p>9:30 Exercise 10:30-Noon Senator Keenan</p>	<p>11:30-1:00 New Birth Evangelical Church FOOD PANTRY</p>	
23	24	25	26	27	28	
<p>9:30 Exercise 10:00-11:00 Exercise with Alex 12:30-2:00 "February" BIRTHDAY BASH Pizza (CORNERS) donated by CARE ONE - Salad & Cake donated by MARKET BASKET</p>	<p>9:30 Exercise 10:00-12:00 "Comfort Dog" HARPER (Randolph Police) 12:30 BINGO</p>	<p>9:30 Exercise 9:00-12:00 Mobile Foot & Leg Care (\$40) 10:00-11:00 Veteran Agent (coffee & donuts) 12:30-2:00 Diamond Art (with Holly)</p>	<p>9:30 Exercise 12:30 SOCIAL 1:00-2:00 THERAPY GARDENS "Cooking Smart for 1 to 2 People"</p>	<p>9:30 Exercise 10:00-10:30 Silver Sneakers (Cardio Dance) 1:00-4:00 Pot Luck Luncheon (Viking Club) (RSVP IS REQUIRED)</p>	<p>The Viking Club is located at 220 South Franklin Street, Holbrook (across from the JR/SR high school)</p>	