

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

MARCH
2025



MESSAGE FROM OUR COA DIRECTOR



February was a whirlwind of exciting activities, engaging discussions, and warm gatherings, despite the frigid temperatures! It has been wonderful to see so many of you braving the cold to join in on the fun, and I couldn't be more thrilled with the turnout for our new and returning programs.

We introduced two new exercise classes, and both were met with enthusiasm. Exercise with Alex on Mondays brought great energy to the start of the week, while Silver Sneakers Cardio Dance with myself had everyone moving and smiling. Our first Breakfast and a Movie was a success, with a delicious spread of pancakes, bacon, sausage, and eggs enjoyed while watching *Pleasantville*, which turned out to be a little more risqué than I remembered. Oops! A good reminder to always preview the films!

The highlight of the month was Senator Keenan's visit. His Q&A session was not only incredibly informative but also reassuring. He took the time to answer thoughtful questions, address key concerns, and put many at ease with his insights. We truly appreciate his visits.

February was also filled with incredible guest presentations. Mercy from Nutrition for Healing shared valuable insights on health and nutrition. The Norfolk County DA's Office hosted a screening of *Thelma*, with DA Michael Morrissey proving to be a friendly and engaging speaker. We also brought TRIAD back to the COA, ensuring our seniors have access to vital safety and security resources.

Another exciting milestone was our first Birthday Bash, which was a joyful celebration that exceeded expectations. Harper, the Randolph Comfort Dog, paid us a visit and instantly won over everyone with her sweet and gentle nature. We also held our first off-site event since my arrival, a Potluck Luncheon at the Viking Club, where good food and great company made for a wonderful afternoon. And of course, Stanney's 50% Senior Discount Day continues to be a big hit, offering fantastic savings and another opportunity to connect with friends.

Looking ahead to March, we have even more to be excited about. Elizabeth, a new volunteer, will be working with us to explore what kinds of programs and activities you'd love to see at the COA—and how we can bring them to life. We're adding Gentle Yoga with Susan to our Tuesday lineup, providing a relaxing way to build strength and flexibility. Amanda will be offering nail care services twice a month, giving us all a chance to add a little self-care to our routine. Our Movie of the Month will be *The Best Exotic Marigold Hotel*, served with a delicious breakfast of frittatas and winter fruit salad. And yes, this time, I've double-checked the film!

We're also excited to welcome Associate Justice Nan Sauer, who will share how the courts ensure fairness, oversight, and protection for seniors, along with ways senior engagement can have a real impact. Nurses with a Mission will be presenting the first part of a fascinating two-part series on the Endocannabinoid System—an event you won't want to miss. I encourage you to join us, try something new, and continue making our COA a warm and welcoming place for all. Looking forward to seeing you all! 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)
Marion (Missy) 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
Marion (Missy) Rapoza—Treasurer
Amy Mills
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!

Open Position: CLERK

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 LIHEAP", USHHS, OCS, DEA, LIHEAP-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.

6/20/2024

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.

(MA) Senior Circuit Breaker Tax Credit

As a senior citizen (65 or older by December 31 of the tax year), you may be eligible to claim a refundable credit on your *Massachusetts* personal income tax return. The Circuit Breaker tax credit is based on the actual real estate taxes or rent paid on the Massachusetts residential property you own or rent and occupy as your principal residence.

The maximum credit amount for tax year 2024 is \$2,730. If the credit you're owed exceeds the amount of the total tax payable for the year, you'll be refunded the additional amount of the credit without interest.

For more information, go to [TIR 24-10: Annual Update of Real Estate Tax Credit for Certain Persons Age 65 and Older](#)

WHO IS ELIGIBLE:

- You must be a Massachusetts resident or part-year resident.
- You must be 65 or older by December 31 of the tax year.
- You must file a [Schedule CB](#) with your Massachusetts personal income tax return.
- You must own or rent residential property in Massachusetts and occupy it as your primary residence.
- For tax year 2024, your total Massachusetts income doesn't exceed:
 - \$72,000 for a single individual who is not the head of a household.
 - \$91,000 for a head of household.
 - \$109,000 for married couples filing a joint return.
- If you are a homeowner, your Massachusetts property tax payments, together with half of your water and sewer expense, must exceed 10% of your total Massachusetts income for the tax year.
- If you are a renter, 25% of your annual Massachusetts rent must exceed 10% of your total Massachusetts income for the tax year.
- The assessed valuation of the homeowner's personal residence as of January 1, 2024, before residential exemptions but after abatements, cannot exceed \$1,172,000.
- The [Schedule CB](#) must be completed within 3 years from the last day for filing the return, without regard to any extension of time to file.

AVON COUNCIL ON AGING

3/12 Caregiver Support Group will meet every month on the 2nd Wednesday at 11:30-1:30. The Avon COA has started a new Caregiver Support Program primarily for people who are caring for someone with memory loss.

3/26 Memory Café – Wednesday 11:30am–1:30pm This month, we will enjoy a light lunch followed by Lynne Canavan and her unique VioLynne entertainment program. Lynne is a professional musician who plays everything from pop to jazz to show tunes on acoustic and electric violin. Contact Louise at the Avon COA if you have any questions 774-480-5352.

Join Us for a Monthly Birthday BASH!

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. 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!

“Nuggets of Advice”
by Barbara-Lee Kelly
(excerpt from her book)

**“Beautiful things happen when you
distance yourself from negativity”**
(Unknown)

“COMPARISON IS THE THIEF OF JOY”!
(Theodore Roosevelt)

SNAP Overview for Supplemental Nutrition Assistance Program (SNAP) (formerly known as food stamps)

SNAP is a federal nutrition program administered by the Department of Transitional Assistance (DTA) for Massachusetts residents.

SNAP benefits include:

- Monthly funds on a debit-like EBT card to buy food
- An additional \$20 a month put back on your EBT card when you use SNAP to buy local produce via the [Healthy Incentives Program](#) (HIP)
- [SNAP Path to Work](#) free education and training opportunities – families who participate may be able to get free child care
- Free [nutrition education](#) classes and resources
- Connections to other kinds of help, such as:
 - utility discounts,
 - free school meals [including Summer EBT](#),
 - direct eligibility for Head Start child care, and
 - discounted admissions to many Commonwealth museums and cultural institutions via [EBT Card to Culture](#)

<https://dtaconnect.eohhs.mass.gov/>



HOLBROOK COA

SENIOR

HAPPENINGS (60+)



Bea Taggart – Peggy Thompson – Emma Gutierrez



“JANUARY” BIRTHDAY BASH
(last Monday)



GAMES – Left/Right/Center



SOCIALS



EXERCISE w/Alex



SENATOR JOHN KEENAN (office hours)



TRIAD (at the COA)

Holbrook Council on Aging

March 13, 2025 10am-11:30am

History of Cannabis and the Root of the Current Stigma

Endocannabinoid System (ECS) 101

1. **Understand the Historical Role of Cannabis as Medicine**--Learn about the longstanding use of cannabis in traditional medicine around the world and the social, cultural, and political influences that led to its prohibition.
2. **Recognize Cannabis as an Ongoing Source of Healing**--Explore how cannabis continues to be used medicinally today, supporting health and wellness across various conditions.
3. **Distinguish Between Hemp and Psychoactive Cannabis**--Gain clarity on hemp as a non-impairing form of cannabis, widely used for industrial and therapeutic purposes.
4. **Explore the Endocannabinoid System (ECS) and How Cannabis Works in the Body**--Discover the unique role of the ECS in maintaining balance within the body and how cannabinoids from cannabis interact with this system to support health.



HERB GARDENS (last Thursday)

“Avoid Inflammation & Ultra-Processed Food”



SENIORU (2nd Wednesday)

“Reduce Sugar Cravings”

MARCH 12 - SeniorU 11:00-12:00

Herb Garden Primer & Starter Kit

Discover the wonderful world of herbs! Learn about the properties of popular flowers and herbs, along with tips for growing them indoors or outdoors. From creative presentation ideas to distinguishing which herbs are both edible and ornamental, this session has you covered. Participants will get their own starter supplies to take home. Please note—seed availability may vary by location.

MARCH 27 - Therapy Gardens 1:00-2:00

Specialty Gardens: Healing, Tea, and Edible Landscape Gardens

Exposure to nature, whether indoors or outdoors, has been shown to reduce stress and improve well-being. Explore the healing properties of plants and flowers as we guide you in learning. This session includes tips on selecting plants, using adaptive equipment, and finding the right products for your needs. Whether you’re a seasoned gardener or just starting out, you’ll leave with fresh ideas and inspiration to enjoy the therapeutic benefits of gardening.

Governor Healey Officially Renames Executive Office of Elder Affairs to “Executive Office of Aging & Independence”

January 9, 2025

Governor Maura Healey signed legislation to rename the Executive Office of Elder Affairs to the Executive Office of Aging & Independence to better represent and reflect the values of older adults in Massachusetts. Renaming the agency reduces negative images around aging, normalizes aging as a natural process, and recognizes that older adults value independence and self-determination, while emphasizing that the Healey-Driscoll Administration is here to support residents as we age.

Governor Healey proposed the name change in May 2024. The new name was selected following significant research that included focus groups, surveys, and conversations with older adults, caregivers, service providers, and advocacy organizations. This research revealed that aging adults do not connect with the term “elder,” and often associate the term with someone who is at the end of their life. Instead, residents prefer neutral terms such as “aging” and “older people.”

In addition, the name change legislation replaces outdated language across state statutes, such as “elder,” “elderly person(s),” and “handicapped” with “older adult(s)” and “adult with a disability.”

~ HON. NAN M. SAUER ~

Is an Associate Justice sitting in Norfolk Probate and Family Court. Judge Sauer was appointed by Governor Charlie Baker in May 2022 to fill the Honorable Arthur J. Ryley’s seat. She is a cum laude graduate of the University of Notre Dame and magna cum laude graduate of New England Law|Boston. Upon her law school graduation in 2004, Judge Sauer served as a Judicial Law Clerk for the justices of the Probate & Family Court, serving in Barnstable, Essex, Middlesex, Norfolk, and Plymouth counties. Prior to serving on the bench, Judge Sauer practiced family law with Lee & Rivers LLP (2006-16), Roberts & Sauer LLP (2016-21), and the Law Offices of Nan M. Sauer (Jan-May 2022). In addition to litigating, Judge Sauer also served as a Guardian Ad Litem, Parenting Coordinator, Discovery Master, Mediator, and Conciliator. Prior to embarking upon her legal career, Judge Sauer was a Principal management and information technology consultant for 16 years, starting at Coopers & Lybrand (now Price Waterhouse Coopers) and thereafter at James Martin & Company / Headstrong, working with Fortune 1000 companies in the U.S. and abroad. Judge Sauer remains active in several bar associations and Inns of Court, and participates in a variety of continuing legal education activities.

Welcome, Elizabeth Brooks!

We’re excited to welcome Elizabeth Brooks, a Bridgewater State University student, to the Holbrook Council on Aging! Elizabeth is pursuing a degree in Social Work and Communication Disorders and will be completing her service-learning experience with us. She will work on finding service gaps, volunteer recruitment, as well as helping to promote access to healthcare resources like SHINE. Please join us in giving Elizabeth a warm welcome as she gets to know our COA community!

IMPORTANT COA VAN RULES

For the Benefit of All Members

Dear COA Members,

We are grateful to be able to offer our van excursions to help you get out and about. To ensure fairness, safety, and enjoyment for all members, **it's essential that the guidelines below are followed moving forward.**

1. File of Life Requirement

- **Your File of Life must be on your person** at all times when using the van.
 - This document contains critical medical information and must be available in case of an emergency.
 - **Without your File of Life, you will not be permitted to ride.**
-

2. Timely Pick-Up

- **The van will wait only 5 minutes** at each pick-up location.
 - We understand that delays happen, but being late disrupts the schedule for everyone.
 - **If you are not ready within 5 minutes, the van will leave without you.** Please be on time out of respect for your fellow passengers.
 - **Courtesy calls will be provided if requested.**
-

3. Shopping Time

- **You have 1 hour to shop** once you are dropped off at the shopping location.
 - **You must return to the van within that hour** to help us stay on schedule.
 - **While the van will not leave anyone stranded at the shopping location,** repeated lateness in returning to the van may result in being excluded from future outings.
 - Please be mindful of your time so everyone can enjoy their outing without delays.
-

4. Bin Limit

- Each member is allowed **1 bin** for shopping items.
 - This helps ensure there is enough space for everyone's belongings and keeps the trip comfortable for all.
 - **Please respect this limit** to ensure fairness.
-

5. Van Capacity & Sign-Up Rules

- The van is limited to **8 passengers** per trip.
 - **Sign-up is required every week**
 - **MAY** be limited to one shopping trip per week **excluding around town** to ensure fairness and give others a chance to participate.
-

Why These Rules Are Important

We understand that following these rules can sometimes be inconvenient, and sometimes mistakes happen. However, these guidelines are in place to ensure that everyone has a safe, fair, and enjoyable experience.

- **Respecting the pick-up time, shopping limit, and bin rule** ensures equal access for all members.
 - The **File of Life** requirement is for your safety.
 - Adhering to the **sign-up rules** helps us manage the trips fairly for all members.
-

Thank you for your understanding and cooperation!

Your COA Team

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

4, 11, 18—Gentle Yoga with Susan 10:00-11:15

5 & 19—Amanda’s Nails (\$5) 10:00-12:00

5 & 26—Diamond Art with Holly 12:30-2:00pm

7—Lucky’s 777 Senior Luncheon (senior specials) – 12:00pm (**NEW: 1st Friday**)

Only for the months of **March, April, May** due to a *change* in hours on Wednesdays (opens at 4pm)

10, 24—Exercise with Alex 10:00-11:00am

12—**SeniorU** 11:00am-12:00pm “**Herb Garden Primer & Starter Kit**”

-AVON COA—Caregiver Support Group 11:30am-1:30pm (for those who care for an individual with memory loss)

-Ocean State Job Lot 12:00 (Avon)

-Hon. Nan M. Sauer 12:30-1:30

-COA Board meeting 3:30pm

13—Nurses with a Mission 10:00–11:30 Endocannabinoid System-History of Cannabis

14—Stanney’s Breakfast 10:00-12:00am (50% Senior Discount) **MUST SIGN UP**

17—St. Patrick’s Day-Cornd Beef & Cabbage Soup 12:00-2:00 Limited Seating (**SIGN UP**)

20—**TRIAD** 10:00-11:00 Norfolk County DA/Sheriff, Holbrook Police, Fire and Communications—**AT THE COA**

24—Movie & Brunch “The Best Exotic Marigold Hotel (Frittata & Fruit Salad)

25—Harper the Comfort Dog 10:00-12:00

26—Mobile Foot & Leg Care (\$40) 9:00-12:00

-Veteran Agent Coffee Hour 10:00-11:00

-AVON COA—Memory Café 11:30am-1:30pm (for Caregivers along with individuals who are experiencing memory loss).

27—**THERAPY GARDENS** 1:00-2:00pm “Specialty Gardens: Healing, Tea & Edible Landscape Gardens”

28—**VIKING CLUB** 12:30-2:30pm Potluck Luncheon (**RSVP is Required**)

31—“**MARCH**” Birthday **BASH** (at the COA) 12:30-2:00pm

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, 30 Foster Road Braintree, MA 02184

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

781-794-8217 or veterans@holbrookmassachusetts.us

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

Monday **MARCH 3** & Wednesday **MARCH 5** (ONLY)

(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.

DAILY SOCIAL ACTIVITIES:

PLEASE BE SURE TO CHECK OUR MONTHLY
CALENDAR ON THE LAST PAGE FOR ALL THE
DAILY EVENTS AS THERE MAY BE CHANGES
EACH MONTH

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

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)

**** March 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 ****

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 **5** 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 submit your letter of interest as well as the volunteer application form:

<https://www.holbrookma.gov/DocumentCenter/View/813/Holbrook-Volunteer-Form-FY25-PDF> and forward it to the Select Board at Town Hall (50 North Franklin Street) or email it to: Town Administrator@holbrookmassachusetts.us

Executive Office of Aging & Independence (formerly (EOEA) Executive Office of Elder Affairs)

Through the Formula Grant, the EOAI not only provides funding for our Newsletter costs, 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 COA.

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. **(HELD AT THE COA)**

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**
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***SARA'S PIZZA**
***CARE ONE**

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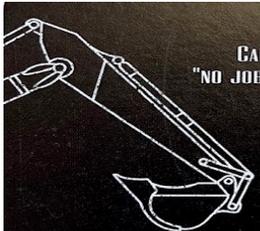
- IRONWORK
- HANDRAILS
- BRAKE FORMING
- HARDFACING & BUCKET REPAIRS
- MARINE FAB & REPAIRS
- ON SITE WELDING REPAIRS
- WELDING OF STEEL, STAINLESS STEEL, ALUMINUM, CAST

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

March

TUESDAYS—9:00am **WALMART** (Avon)

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

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

THURSDAYS—9:00am **IN TOWN** Shopping

“SIGN-UP” for Activities/Events

2025

WOMEN'S HISTORY MONTH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 9:30 Exercise 11:00-2:00 Games/Cards 12:00-3:00 INTRO Elizabeth Brooks (new volunteer)	4 9:30 Exercise 10:00-11:15 Gentle Yoga with Susan 12:30 BINGO	5 9:30 Exercise 10:00-12:00 Amanda's Nails (\$5) 12:30-2:00 Diamond Art (Holly)	6 9:30 Exercise 12:30 SOCIAL 1:00 REIKI \$5 Donation (by Appt.)	7 9:30 Exercise 10:00-10:30 Silver Sneakers 12:00 Lucky's 777 (Van Transportation) 1st Friday (March/April/May)	8 10:15-11:00 St. Joseph FOOD PANTRY (those with transportation)
9 Daylight Savings (turn clocks ahead)	10 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	11 9:30 Exercise 10:00-11:15 Gentle Yoga with Susan 12:30 BINGO	12 9:30 Exercise 11:00-Noon SENIORU: "Herb Garden Primer & Starter Kit" 12:30-1:30 HON. NAN M. SAUER 12:00 Ocean State 3:30 COA Board	13 9:30 Exercise 10:00-11:30 Nurses w/Mission (Endocannabinoid) 12:30 SOCIAL 1:00-2:30 Blood Pressure	14 9:30 Exercise 10:00-12:00 STANNEY'S (50% Senior Discount) (MUST SIGN UP)	15
16	17 9:30 Exercise ST. PATRICK'S DAY  12:00-2:00 Corned Beef and Cabbage Soup Limited Seating (SIGN UP)	18 9:30 Exercise 10:00-11:15 Gentle Yoga with Susan 12:30 BINGO	19 9:30 Exercise 10:00-12:00 Amanda's Nails (\$5) 12:30-2:00 Diamond Art (Holly)	20 9:30 Exercise First Day of Spring 10:00-11:00 TRIAD 12:30 SOCIAL 1:00 REIKI \$5 Donation (by Appt.)	21 9:30 Exercise 10:00-10:30 Silver Sneakers	22
23	24 9:30 Exercise 10:00-11:00 Exercise w/Alex 11:30-1:30 Movie & Brunch – "The Best Exotic Marigold Hotel" (Frittata & Fruit Salad)	25 9:30 Exercise 10:00-12:00 "Comfort Dog" HARPER (Randolph Police) 12:30 BINGO	26 9:30 Exercise 9:00-12:00 Mobile Foot & Leg Care (\$40) 10:00-11:00 Veteran Agent (coffee hour) 12:30-2:00 Diamond Art (Holly)	27 9:30 Exercise 12:30 SOCIAL 1:00-2:30 Blood Pressure 1:00-2:00 THERAPY GARDENS "Specialty Gardens: Healing, Tea & Edible Landscape Gardens"	28 9:30 Exercise 10:00-10:30 Silver Sneakers 12:30-2:30 Potluck Luncheon VIKING CLUB (RSVP IS REQUIRED)	29
30	31 9:30 Exercise 12:30-2:00 "MARCH" BIRTHDAY BASH Pizza, Salad, Cake (at the COA)	PLEASE NOTE: *Those without transportation to the Food Pantry on the 2nd Monday must sign up for the VAN	40 Union Street (Holbrook) Every WEDNESDAY the Connection Café offers a 15% Senior discount	424 N. Franklin (Holbrook) Every DAY of the month, Sara's Pizza Palace offers a 15% Senior discount	*NOTE: Please call the COA if you need a ride to TRIAD (at the COA) 3rd Thursday	