

# 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)

OCTOBER  
2025



## MESSAGE FROM OUR COA DIRECTOR

October brings a crispness to the air, a crunch underfoot, and the perfect excuse to cozy up with friends, flannel, and fall flavors. As the leaves start to turn and pumpkins pop up on every porch, we're embracing everything the season has to offer. It's a time to reflect, reconnect, and maybe even reimagine your routine. Whether you're here for spooky fun, a festive meal, a brisk walk, or just a warm drink and good company, we've got something brewing this month that's sure to make you feel right at home.

September was full of laughter, learning, and lively moments. TRIAD returned to the COA after a summer break, offering valuable insight and fostering connection between seniors, law enforcement, and emergency services. Seven more members and three additional staff earned CPR certification during a second training session led by Captain Scott Collins at the Holbrook Fire Department's training room, adding to our growing circle of everyday preparedness. Great Scott! We hit 88 miles an hour with our screening of *Back to the Future*, and shared some big belly laughs at *The Boston Comedy Blowout* at the Norwood Theatre. One of the month's big adventures was our trip to Bally's Casino in Tiverton. A lively excursion that added a little sparkle to the end of the month.

This month's calendar is bursting like an overstuffed scarecrow. We'll kick off with ***Friends, Flannel and Fall Flavors***, bringing that cozy theme to life with your favorite flannel shirt or pajamas and seasonal sweets that taste like autumn in every bite. **Singo Jim** brings his musical twist on bingo to the COA for an afternoon of prizes and surprises. Out in the COA parking lot, District Attorney Morrissey's Shred Event returns, giving residents the chance to securely dispose of personal documents and protect against identity theft. We're also excited to host a special **Cheese Pizza Tasting**. Members will sample slices from Holbrook's favorite local pizzerias. It's a flavorful celebration of community pride, one delicious bite at a time. Bring your current **crochet or knitting** project to work on with Chrissy, or start something new while you're here. Amy's Walking Club keeps everyone on their toes, and now Michele is joining the fun with her first walk this month. We're also heading to **Tony's Clam Shop** for lunch, **Stanney's** for breakfast, and **Nihtila Farm** to pick pumpkins for painting or displaying. We'll have a special screening of ***Hocus Pocus***, and to wrap things up, join us for a **Monster Mash Halloween Party!** Costumes encouraged and fun guaranteed!

Finally, we're excited to welcome some new faces to the COA team this fall. As we settle into the season, our staff is busy learning new systems, sharing skills, and getting to know one another and you! Together, we're building a warm, welcoming space where every day offers something new to enjoy, learn, or laugh about. With all this activity, change, and excitement, there's never been a better time to stop by the COA and see what's happening. Whether you're joining us for the first time or returning after a little break, we invite you to be part of the energy. Come connect, explore, and make yourself at home. We'd love to see you.

Holly

## MEET THE COA STAFF

Holly Rose—Director  
Amy Mills—Coordinator  
Michele Goode—Activities Coordinator  
Jennifer Reilly—Assistant Coordinator  
Margaret Feeley—Principal Clerk  
Katherine Fabian—Principal Clerk  
Denise West—Alternate Principal Clerk  
Cathleen McCarthy—SHINE  
Maria Malinowski—Kitchen  
Claire Crowell—Master Reiki (*Member Volunteer*)  
Elaine Hyland—(*Member Volunteer*)  
Marion (Missy) Rapoza—(*Member Volunteer*)

## VAN DRIVERS

Tom Donovan - Paul Callinan - Rick Evans  
Joe Gugliotta - Alternate Van Driver

## BOARD OF DIRECTORS

Elaine Hyland  
Beatrice Taggart  
Marion (Missy) Rapoza  
Rosemary Clarke  
Susan Mann  
Susan Murray  
Christopher Eddington  
Gene Santorelli  
  
Holly Rose-Director (ex-officio)

\* Please consider applying to serve on our COA Board of Directors for a *one-year term*.  
**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.

## 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.

## EVERY COA MEMBER COUNTS!

Be sure to "check in" by tapping your "My Senior Center" tag each time you visit the COA. This is extremely important for our Formula Grant funding by keeping track of each and every one of you who attend our activities, events and programs. **THANK YOU!**

## Assisted Listening Devices

For those with hearing impairment, ALD's are available by request to HCAM for use in the Town Hall Noel King meeting room. Kindly inform them if you would like to utilize this service when attending meetings.

781-767-7487 or [info@hcamtv.org](mailto:info@hcamtv.org)

## DAILY SOCIAL ACTIVITIES:

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

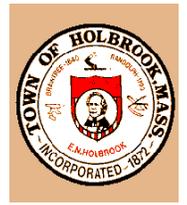
## PLEASE JOIN US FOR THESE "MONTHLY" RECURRING EVENTS:

(subject to changes)

<b>BIRTHDAY BASH!</b>	Last Monday 12:30-2:00
<b>WALKING CLUB</b>	Tuesdays & Thursdays 8:30-9:15
<b>GENTLE YOGA</b>	Tuesdays 10:15-11:30
<b>BINGO</b>	Tuesdays 12:30-2:30
<b>SOCIAL</b>	Thursdays 12:30-2:30
<b>BLOOD PRESSURE</b>	2 <sup>nd</sup> /4 <sup>th</sup> Thursdays 1:00-2:30
<b>TRIAD</b>	3 <sup>rd</sup> Thursday 10:00-11:00



# HOLBROOK COA SENIOR HAPPENINGS



**LUNCH AT THE RED PARROT**



**NANTASKET BEACH DAY TRIP**



**BINGO**



**STANNEY'S BREAKFAST**



**VETERAN'S APPRECIATION DAY**



**COOK THE BOOK**



**TROUPE PRESENTATION**



**BOSTON COMEDY BLOWOUT**



# 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

Mondays only (10:00am - 11:00am - 12:00 Noon)

Please call to schedule your appointment 781-767-4617

## 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



## LOCAL SHOPPING TRANSPORT

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

MONDAY—10:00am *IN TOWN* Shopping

TUESDAY—9:00am *WALMART* (Avon)

WEDNESDAY—9:00am *MARKET BASKET* (Hanover)  
and 12:00pm *TRUCCH'S* (Abington)

**\*\*OCTOBER 15<sup>th</sup> 12:00pm *OCEAN STATE JOB LOT* (Avon) - NO TRUCCH'S**

THURSDAY—9:00am *IN TOWN* Shopping

FRIDAY — Closed with the exception of scheduled  
day trips and special celebrations. Our vans will  
generally not be available for medical runs, though in  
rare cases we may make exceptions.

## YMCA (Stoughton) “FREE”

Wednesdays for  
Seniors who  
present a COA  
Membership  
key ring tag.  
Please sign up  
at the COA.

## YMCA-Stoughton \$2 Food Bag Distribution

This takes place on  
*certain* Wednesdays  
between 3:30-  
5:30pm. Each \$2 bag  
contains over 12  
pounds of mixed  
fresh produce. Call  
781-341-2016 for  
more information.

## FOSTER VETERANS SERVICE CENTER



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  
781-794-8218 or [Pmarshall@braintreema.gov](mailto:Pmarshall@braintreema.gov)

## HOME DELIVERED MEALS (HDM)

A service that provides home-delivered  
meals to elderly and disabled citizens  
without regard to income. HDM is funded  
through a combination of federal funds,  
state funds, private-pay contracts and local  
donations.

## SOUTH SHORE ELDER SERVICES NUTRITION DEPARTMENT

350 Granite Street, Suite 2303,  
Braintree, MA 02184  
781-848-3910 or [sselder.org](http://sselder.org)

FAX LINE: 781-843-8279

TDD LINE: 781-356-1992

HAITIAN INFORMATION LINE: 781-930-0303



**FREE**

# Blood Pressure Clinic



Screening is free and early detection helps prevent major illness later. Come join us!

**When:** 2<sup>nd</sup> and 4<sup>th</sup> Thursday  
of every month

**Time:** 1-2:30pm

**Where:** Council on Aging 9  
Jewel Rd, Holbrook, MA



# FALL WALKING CLUB



**TUESDAY MORNINGS AT 8:30AM  
&  
THURSDAY MORNINGS AT 8:30AM**

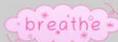
**MEET AMY & MICHELE AT SUMNER FIELD  
95 SOUTH FRANKLIN ST. HOLBROOK**



**Come Join Us!**



**Strength,  
Breathing &  
Flexibility;  
Resistance Band  
class**



**Stay Active, Stay Strong!**

Chair based, Low impact,  
fun & productive

**When:  
Mondays  
10:00 am - 11:00 AM**

**With Michele**



# Senior Discounts

## **Sara's Pizza Palace**

424 North Franklin St. (Holbrook)  
**Enjoy 15% Senior Discount Every Day!**  
Oven Hot Pizza, Great Tasting Subs, Fresh  
Salads & Delicious Dinners  
781-963-0351

## **Connection Cafe**

40 Union St. (Holbrook)  
**Every WEDNESDAY enjoy a 15% Senior Discount**  
781-885-7820



## MassVets Chapter 115

Massachusetts has made generous provisions for providing to veterans in need of financial assistance. This coverage is extended to the veteran's eligible dependents.

Anyone qualifying under the "Veteran" definition, including eligible dependents, may apply for veterans' benefits in the community in which they reside, if they meet the Income and Asset Limits for this needs-based program. However, applicants whose income is slightly above the income limit may be eligible at a "spend down" adjustment amount.

Benefits may be available at several levels, and include financial assistance to help pay shelter, heating, and medical expenses. To determine eligibility, the VSO will ask the applicant to provide proof of the veteran's military service and certain expenses, as well as proof of income and assets. The VSO may require other supporting documents such as marriage, birth, or death certificates, depending on the situation. Using the documents provided, the VSO will determine an allowable budget as outlined in 108 CMR. Once the applicant's budget has been established, the VSO will determine if the applicant is eligible for any financial assistance.

Recipients of financial assistance under this program may fall into several categories. For instance, a recipient who is not totally and permanently disabled or retired, would be expected to seek full time employment, and might expect to receive assistance for a brief period while they secure a job. A recipient who is totally and permanently disabled, or who is retired, might find themselves in a financial situation whereby their needs dictate that they continue to receive benefits indefinitely.

**Paul Marshall**, US Navy Veteran  
Clerical Assistant for Braintree Veteran Services  
30 Foster Road Braintree, MA 02184  
781-794-8218

**George Andes**  
Veterans Agent – Town of Braintree, Holbrook, Avon  
30 Foster Rd. Braintree MA, 02184  
[gandes@braintreema.gov](mailto:gandes@braintreema.gov)  
(Office) 781-794-8217  
(Mobile) 617-347-7739



Website: <https://www.braintreema.gov/166/Veterans-Services>



### **HOLBROOK COUNCIL ON AGING VETERAN APPRECIATION DAY**

**Wednesday, October 29, 2025**

**Location:**

**Holbrook Council on Aging  
9 Jewel Road, Holbrook, MA**

**Schedule:**

**10:00 AM — Light Breakfast  
Egg Sandwich & Fresh Fruit, Coffee, Tea, or Water  
10:00 AM – 11:00 AM — Veteran Agent  
11:00 AM – 12:00 PM — Lucky Therapy Dog  
12:00 PM – 1:30 PM — Cornhole, Cribbage, & Rummy  
1:30 PM – 2:30 PM — Chili Tasting**

**Drop in anytime!**

**Stay for the whole day or just stop by for what interests you!**

**Transportation Provided**

**If you need a ride, please call 781-767-4617 at least one day in advance to schedule.**

**All veterans aged 60 and over are welcome!**

**Come enjoy a day of camaraderie, support, and appreciation.**

**Registration is required. Please call 781-767-4617 to sign up.**

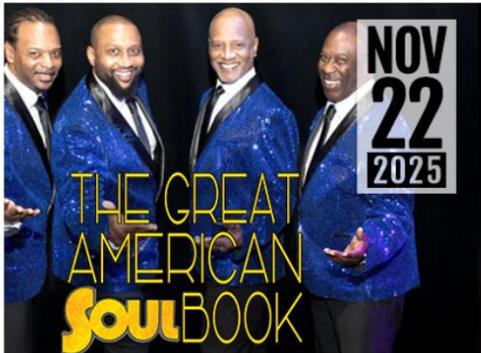
# THE NORWOOD THEATRE



**Saturday, November 15<sup>th</sup> at 7:30pm**

**GHOST THE MUSICAL** is a poignant romance that builds comedy, suspense, and deeply felt emotion to an ethereal climax that audiences will never forget.

\$49



**Saturday, November 22<sup>nd</sup> at 7:30pm**

**The Great American SoulBook** will wow audiences with the music of The Temptations, Gladys Knight and the Pips, Whitney Houston, Boyz II Men, The Four Tops, The Isley Brothers, Aretha Franklin, The Supremes, Luther Vandross, Sam and Dave, James Brown, Anita Baker, Babyface, Peobo Bryson, R. Kelly and so many more.

\$53



**Saturday, December 5<sup>th</sup> at 7:30pm**

**Creedence Revived** has rapidly become one of the most highly sought after tribute bands in the world. Playing all over the globe for crowds upwards of 30,000, and with a track-record of selling out shows everywhere they go, this group is the real deal.

\$53



**Saturday, December 13<sup>th</sup> at 7:30pm**

**A Very Cher-y Christmas** – starring Lisa McClowry performing holiday songs like Santa Baby, What Christmas Means to Me, Christmas Baby Please Come Home, Have Yourself A Merry Little Christmas, The Christmas Song (Chestnuts) plus lots of Cher's pop hits including Believe, If I Could Turn Back Time, I Got U Babe and more!

\$53

**LIMITED SEATS AVAILABLE ON COA VAN!  
CALL ASAP TO RESERVE YOUR SPOT!  
TICKET DEADLINE IS OCTOBER 8TH!!**

*Lunch at*  
**Lucky's 777**  
 WEDNESDAY,  
 OCTOBER 1ST @ 12PM




**SIGN UP TODAY!**  
 COA VAN RIDE AVAILABLE

**SINGO**  
 THURSDAY, OCTOBER 2ND  
 11:00AM-12:15PM

**NOT YOUR GRANDMA'S BINGO!**  
 "SINGO" IS ROCK & ROLL BINGO  
 WITH A BEAT!

Early Rock, Disco, 60's, 70's, 80's, 90's,  
 Motown/Soul, TV Themes, Top 40,  
 1 Hit Wonders & More

**TONY'S**  
**Clam Shop**

FRIDAY, OCTOBER 3<sup>RD</sup>, 2025  
 VAN LEAVES COA AT **10:30AM**

ENJOY A RIDE TO THE  
 QUINCY SHORE, AND  
 GRAB LUNCH AT  
 TONY'S!!  
 (PRIVATE PAY)



**Say Cheese - It's  
 Pizza Tasting Time**

"Cheese the Best - You Be the Judge!"

Please join us on  
 Wednesday October 8th  
 12:00-2:00



Please bring your appetite and your Italian palate  
 We will be sampling delicious cheese pizzas from  
 local Holbrook Establishments.

Who will come out on TOP and be crowned #1  
 We will have to wait and see!





*Stanney's*  
**RESTAURANT**

FRIDAY, OCTOBER 10<sup>TH</sup> 10AM-12PM

**50% OFF COA MEMBERS**



CALL FOR A RIDE 781-767-4617

*Crochet &  
 Knitting*



Join Chrissy with your  
 current works in  
 progress, or learn  
 from the beginning!

**Wednesday, October 15<sup>th</sup> 1pm-2pm**

**FRIDAY  
 OCTOBER 17TH**

**NIHTILA  
 FARM VISIT**  
 9:00AM-11:00AM

**SIGN-UP REQUIRED**  
 ENJOY A BEAUTIFUL VISIT  
 TO THE PUMPKIN PATCH

**PUMPKIN  
 PAINTING**  
 11:30AM-1:30PM

RETURN TO COA AND  
 PAINT YOUR PUMPKINS!



**Disney  
 HOCUS  
 POCUS**

**MOVIE & LUNCH  
 MONDAY  
 OCTOBER 20<sup>TH</sup>  
 12:30-2:30PM**




You're invited to our

**Monster Mash**  
 Friday October 31, 2025  
 11:00-2:00  
 Costumes Optional

- Halloween Games
- Spooky Appetizers
- Halloween Music/Dancing
- Halloween Trivia
- And Much More...





# OCTOBER 2025



**“SIGN-UP” for Activities/Events**

**HOLBROOK COUNCIL ON AGING**

**781-767-4617**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
			<b>1 9:30</b> Exercise <b>10:00</b> FLANNEL & FALL FLAVORS <b>10:00-12:00</b> AMANDA’S NAILS <i>(Private Pay)</i> <b>12:00</b> LUCKY’S 777 (Senior Specials) <i>(Private Pay)</i>	<b>2 9:30</b> Exercise <b>8:30-9:15</b> WALKING CLUB w/MICHELE <b>11:00-12:15</b> SINGO W/JIM THE DJ GUY <b>12:30</b> SOCIAL <b>1:00</b> REIKI <i>(\$5 Donation)</i>	<b>3</b> <b>10:30AM</b> Quincy Shore Tony’s Clam Shop <i>(Private Pay)</i>	<b>4</b>			
<b>5</b> 	<b>6 9:30</b> Exercise <b>10:00</b> STRENGTH BANDS & BREATHING EXERCISES <b>11:00</b> ROCK PAINTING <b>12:00</b> THERAPY DOG HARPER <b>12:30-1:30</b> (2) EPISODES OF THE NETFLIX SERIES “GRACE & FRANKIE”	<b>7 9:30</b> Exercise <b>8:30-9:15</b> WALKING CLUB w/AMY <b>10:15-11:30</b> GENTLE YOGA w/SUSAN <b>12:30</b> BINGO	<b>8 9:30</b> Exercise <b>10:00</b> SCRABBLE <b>12:00-2:00</b> TASTE OF THE TOWN PIZZA TASTING  <b>3:00</b> COA Board Meeting	<b>9 9:30</b> Exercise <b>8:30-9:15</b> WALKING CLUB w/MICHELE <b>10:00-12:00</b> SPOOKY DANCE MOVING & GROOVING <b>12:30</b> SOCIAL <b>1:00-2:30</b> BLOOD PRESSURE <b>6:00</b> Cook the Book	<b>10</b> <b>10:00-1:00</b> Shredding Event in COA Parking Lot <b>10:00-12:00</b> STANNEY’S 50% OFF COA MEMBER DISCOUNT BREAKFAST <i>(Private Pay)</i>	<b>11</b> <b>10:15-11:00</b> St. Joseph’s Food Pantry (those with transportation) <b>Fire Dept Open House</b> <b>10:30-1:30</b>			
<b>12</b>	<b>13</b> <b>(CLOSED)</b>  <b>COLUMBUS DAY</b>	<b>14 9:30</b> Exercise <b>8:30-9:15</b> WALKING CLUB w/AMY <b>10:00 &amp; 11:15</b> FOOD PANTRY <b>10:15-11:30</b> GENTLE YOGA w/SUSAN <b>12:30</b> BINGO <b>5:00-6:30</b> Sen. Keenan Office Hrs - Town Hall Heritage Room	<b>15 9:30</b> Exercise <b>10:00</b> DIAMOND ART <b>12:00</b> OCEAN STATE <b>1:00-2:00</b> CROCHET & KNITTING w/CHRISSEY	<b>16 9:30</b> Exercise <b>8:30-9:15</b> WALKING CLUB w/MICHELE <b>10:00-11:00</b> TRIAD <b>11:00</b> DRUMMING CIRCLE <b>12:30</b> SOCIAL <b>1:00-2:30</b> REIKI <i>(\$5 Donation)</i>	<b>17</b> <b>9:00-11:00</b> NIHTILA FARM  <b>11:30-1:30</b> PUMPKIN PAINTING	<b>18</b> 			
<b>19</b> 	<b>20 9:30</b> Exercise <b>10:00-11:00</b> EXERCISE w/ALEX <b>12:30-2:30</b> MOVIE & LUNCH “HOCUS POCUS”	<b>21 9:30</b> Exercise <b>8:30-9:15</b> WALKING CLUB w/AMY <b>10:15-11:30</b> GENTLE YOGA w/SUSAN <b>12:30</b> BINGO	<div style="border: 1px solid black; padding: 10px;"> <p><b>The COA is CLOSED 10/22-10/24</b>            For Staff Professional Development at the Massachusetts Council on Aging Conference  <i>*Medical and Shopping Rides are still Available!*</i></p> </div>			<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>26</b>	<b>27 9:30</b> Exercise <b>10:00</b> STRENGTH BANDS & BREATHING EXERCISES <b>11:00</b> DRUMMING CIRCLE <b>12:30-2:00</b> <b>“OCTOBER” BIRTHDAY BASH</b>	<b>28 9:30</b> Exercise <b>8:30-9:15</b> WALKING CLUB w/AMY <b>10:15-11:30</b> GENTLE YOGA w/SUSAN <b>12:30</b> BINGO	<b>29 9:30</b> Exercise <b>VETERAN AGENT</b> <b>10:00-11:00</b> EGG SANDWICHES <b>11:00</b> THERAPY DOG LUCKY <b>12:00</b> CRIBBAGE, RUMMY, CORNHOLE <b>1:30</b> CHILI TASTING	<b>30 9:30</b> Exercise <b>8:30-9:15</b> WALKING CLUB w/MICHELE <b>10:00-12:00</b> SPOOKY DANCE MOVING & GROOVING <b>12:30</b> SOCIAL <b>1:00</b> REIKI	<b>31</b> <b>11:00-2:00</b> MONSTER MASH COA HALLOWEEN PARTY				

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

- 1**—Flannel & Fall Flavors 10:00, Amanda’s Nails 10:00-12:00, Lucky’s 777 Senior Lunch (Senior Specials-**Private Pay**) 12:00-2:00
- 2,9,16,30**—Walking Club 8:30, Social at 12:30
- 2**—Singo w/ Jim the DJ 11:00-12:15, Reiki 1:00
- 3**—Quincy Shore Tony’s Clam Shop Day Trip 10:30
- 6**—Strength Bands & Breathing exercises 10:00, Rock Painting 11:00, Harper Therapy Dog 12:00, Netflix Series “Grace & Frankie” viewing 12:30-1:30
- 7,14,21,28**—Walking Club 8:30, Gentle YOGA w/Susan 10:15-11:30, and Bingo at 12:30
- 8**—Scrabble 10:00, Pizza Tasting 12:00-2:00, COA Board Meeting 3:00
- 9, 30**—Spooky Dancing Moving & Grooving 10:00
- 9**—Cook the Book 6:00pm
- 10**—Shredding event in the COA parking lot 10:00, **STANNEYS’S 50% OFF** Senior Breakfast (**Private Pay**) 10:00-12:00
- 15**—Diamond Art 10:00, Crochet & Knitting w/Chrissy 1:00-2:00
- 16**—TRIAD 10:00, Drumming Circle 11:00, Reiki 1:00
- 17**—Nihtila Farm Visit 9:00-11:00, Pumpkin Painting 11:30-1:30
- 20**—Exercise w/ Alex 10:00, Movie & Lunch “**Hocus Pocus**” 12:30
- 22-24**—Closed for Staff Professional Development Conference
- 27**—Strength Bands & Breathing exercises 10:00, Drumming Circle 11:00, “**OCTOBER**” Birthday Bash 12:30
- 29**—“**Veteran Appreciation Day**” Veteran Agent Breakfast 10:00-11:00, Lucky Therapy Dog 11:00-12:00, Cribbage, Rummy, Cornhole 12:00, Chili Tasting 1:30
- 31**—**Monster Mash Halloween Party** 11:00-2:00

**8**—\***AVON COA**\* - Avon Council on Aging Caregiver Support Group - Second Wednesday of the month. 11:30-12:30  
**29**—\***AVON COA**\* - Memory Café - Last Wednesday of the Month (For Caregivers along with their individuals who are experiencing memory loss). 11:30-1:30



Holbrook Fire Department  
**Open House**  
Saturday, October 11th  
10:30am-1:30pm



Complimentary!  
**Ice Cream Social**  
In honor and in memory of our beloved Rotarian, Mr. Bill Bagley, we invite you to join us in one of his favorite desserts!  
ICE CREAM!  
October 4, 2025  
Holbrook Court, Holbrook  
1pm-3pm  
RSVP to COA by October 1  
Holbrook Rotary

# District Attorney Morrissey Invites You To Safely Shred Personal Documents To Help Protect You From Identity Theft

## October 10th at 10am-1pm COA Parking Lot

DA Morrissey started this free program 9 years ago to heighten awareness of identity theft.

Shred sensitive, personal, and confidential documents for free and on site.

If you are concerned about how long to save tax, financial, legal, and other confidential documents, expert suggestions can be found online. Shredding can be viewed on a screen on the shredding truck to be assured of document destruction.

Please remove 3 ring binders and large metal binder clips.

It is **not** necessary to remove paper clips, staples, and/or elastics.

Computer hard drives welcome. If you have a computer hard drive you'd like destroyed, the shredding company will take it to their warehouse – it is not done at the shredding event.



## HOME ENERGY ASSISTANCE PROGRAM (HEAP) OVERVIEW

The Massachusetts Home Energy Assistance Program (HEAP) is a free resource to help eligible households pay a portion of winter heating bills. Eligibility for home energy assistance is based on several factors, including but not limited to household size and combined gross annual income of household members. Homeowners and renters, including households whose cost of heat is included in rent, can apply.

For detailed information on criteria used for eligibility, please contact your local agency. For Holbrook residents, our local agency is **Self Help, Inc** located at **780 West Main Street, Avon**. Their phone number is **508-588-5440**. You can also dial 2-1-1 for additional information. The program is 100% free for those who qualify. Beware of scams by people charging an “application fee” to help submit an application.

**Apply online, in person, or by mail beginning October 1<sup>st</sup>. Fuel Assistance runs November 1<sup>st</sup> – April 30<sup>th</sup>.**

Necessary Documents – be prepared to have the following documents ready when you apply!

- Photo Identification for the head of household or primary applicant (e.g. driver's license)
- A list of household members
- Information on your heating bills (e.g. heating company name and account number)
- Information on your housing situation (e.g. an active lease or mortgage statement)
- Proof of income for 30 days prior to application date (e.g. wages, pension)



Fiscal Year 2026  
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	\$ 15,650	\$ 19,563	\$ 23,475	\$ 27,388	\$ 31,300	\$ 51,777
2	\$ 21,150	\$ 26,438	\$ 31,725	\$ 37,013	\$ 42,300	\$ 67,709
3	\$ 26,650	\$ 33,313	\$ 39,975	\$ 46,638	\$ 53,300	\$ 83,641
4	\$ 32,150	\$ 40,188	\$ 48,225	\$ 56,263	\$ 64,300	\$ 99,573
5	\$ 37,650	\$ 47,063	\$ 56,475	\$ 65,888	\$ 75,300	\$ 115,504
6	\$ 43,150	\$ 53,938	\$ 64,725	\$ 75,513	\$ 86,300	\$ 131,436
7	\$ 48,650	\$ 60,813	\$ 72,975	\$ 85,138	\$ 97,300	\$ 134,423
8	\$ 54,150	\$ 67,688	\$ 81,225	\$ 94,763	\$ 108,300	\$ 137,410
9	\$ 59,650	\$ 74,563	\$ 89,475	\$ 104,388	\$ 119,300	\$ 140,397
10	\$ 65,150	\$ 81,438	\$ 97,725	\$ 114,013	\$ 130,300	\$ 143,385
11	\$ 70,650	\$ 88,313	\$ 105,975	\$ 123,638	\$ 141,300	\$ 146,372
12	\$ 76,150	\$ 95,188	\$ 114,225	\$ 133,263	\$ 149,360	\$ 149,360
13	\$ 81,650	\$ 102,063	\$ 122,475	\$ 142,888	\$ 152,347	\$ 152,347
14	\$ 87,150	\$ 108,938	\$ 130,725	\$ 152,513	\$ 155,334	\$ 155,334
15	\$ 92,650	\$ 115,813	\$ 138,975	\$ 158,321	\$ 158,321	\$ 158,321
16	\$ 98,150	\$ 122,688	\$ 147,225	\$ 161,308	\$ 161,308	\$ 161,308
17	\$ 103,650	\$ 129,563	\$ 155,475	\$ 164,295	\$ 164,295	\$ 164,295
<b>Homeowners and Non-Subsidized Housing Tenants</b>						
<b>Deliverable Fuel (Oil, Propane, Kerosene &amp; Other)</b>	\$600	\$550	\$510	\$470	\$470	\$430
<b>Utility and Heat-Included-in-Rent</b>	\$500	\$460	\$425	\$390	\$390	\$355
<b>High Energy Cost Supplement</b>	TBD	TBD	TBD	TBD	TBD	TBD
<b>Subsidized Housing Tenants</b>						
<b>Deliverable Fuel (Oil, Propane, Kerosene &amp; Other)</b>	\$420	\$385	\$355	\$325	\$325	\$300
<b>Utility and Heat-Included-in-Rent</b>	\$350	\$325	\$300	\$275	\$275	\$250
<b>High Energy Cost Supplement</b>	TBD	TBD	TBD	TBD	TBD	TBD
<b>High Energy Cost Supplement (HECS) Thresholds - TBD</b>						

Note: Contact EOHLC to determine eligibility for a household of 18 and above.

Sources (Income Level): "Annual Update of the HHS Poverty Guidelines, *Federal Register*, January 17, 2025 (90 FR 5917-5918) and "Federal Poverty Guidelines and State Median Income Estimates ... Mandatory Use in FY26 LIHEAP", USHHS, OCS, DEA, *LIHEAP-IM-2025-02*

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.