

# 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)

**NOVEMBER**  
**2025**



## **MESSAGE FROM OUR COA DIRECTOR**

November has a way of sneaking up on us. One minute it's pumpkins, the next it's pie. As the days grow shorter and the sweaters a little thicker, we lean into the warmth of community, the joy of shared stories, and the power of showing up for one another. This season has a way of slowing us down just enough to remember what matters most: good people, meaningful moments, and togetherness.

October was a spirited month at the COA. We kicked off this cool season with Friends, Flannel and Fall Flavors, a warm nod to this beautiful time of year. Singo Jim treated us to a musical twist on bingo and some great seasonal prizes—check out the photos if you haven't already. At our Cheese Pizza Tasting, members sampled slices from Holbrook's finest pizzerias, and the votes are in: Sarah's Pizza Palace and Holbrook House of Pizza tied for first place! We also kept up the pace with Amy and Michele's Walking Clubs, and enjoyed breakfast at Stanney's and lunch at Tony's Clam Shop. Chrissy's Crochet Circle brought some new faces, great conversation, and lots of laughter to the table. We had wicked fun watching *Hocus Pocus*, and kept the magic going at our Monster Mash Halloween Party. It was a full, festive month that left us feeling a little crafty and kooky, mysterious and spooky.

November is packed with great reasons to get out, get moving, and try something new. We're especially excited to introduce Tai Chi to the COA lineup this month—a graceful, low-impact practice known to boost balance, focus, and flow. It's a beautiful way to move through the season with intention and ease, and we can't wait for you to try it. Michele's Strength Bands and Breathing class also continues to build momentum, offering a powerful mix of movement and mindfulness. *Grace and Frankie* fans can catch episodes 8 and 9 this month, because nothing says healthy aging like wine, wigs, and wildly questionable decisions. We'll celebrate our veterans in heartfelt ways with breakfast at the COA and a special performance at the JFK Elementary School. The Patriots Hall of Fame trip will bring out our team spirit, and the South Shore Plaza outing is perfect for early holiday shopping. Don't miss the engaging Abigail Adams interactive presentation, or Medicare 101 with Sheila from MedLife Advisors, visiting us just in time for open enrollment (October 15 to December 7). We'll also gather for our Turkey Gobbler Social and a cozy simmer pot workshop to fill your home with the scents of the season.

So, whether you're stopping in for a hearty lunch, joining a craft or class, or just popping by to say hello, there's always room at the table. There's something special about this time of year, and we're grateful to share it with you. If you've been meaning to drop in, now's the time. If you're already part of the fun, bring someone new along for the ride. Let's savor the season together, one smile, one story, and one sprinkle of holiday cheer at a time.

~ 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.



### CodeRED

CodeRED is an emergency notification system used by the Holbrook Regional Emergency Communications Center (HRECC) to send alerts to residents. It is a FREE service that sends emergency alerts to registered residents via phone calls, text messages, or email. Primarily for severe weather alerts (severe thunderstorm, tornado, flash flood warnings) but can also be used for other urgent public safety notifications.

Sign up on their website:

<https://holbrookrecc.com/> or call the COA.

### 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)

### Senior SAFE Fire Education

Smoke & CO2 Detector Inspections are back!

Senior SAFE is a grant-funded program that provides fire and life safety education tailored for older adults.

Interested in participating?

Call the Council on Aging to sign up today!

Senior   
**SAFE**



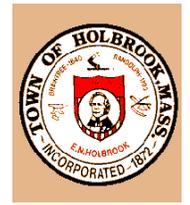
### Senior Discounts:

Sara's Pizza Palace  
424 North Franklin St. (Holbrook)  
15% off Senior Discount EVERY DAY!

Connection Café  
40 Union St. (Holbrook)  
15% Off Senior Discount EVERY WEDNESDAY!



# HOLBROOK COA SENIOR HAPPENINGS



**BALLY'S TIVERTON CASINO**



**TONY'S CLAM SHOP**



**WALKING CLUB**



**SINGO**



**PIZZA TASTING**



**TRIAD**

# 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

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 **TRUCCHI'S** (Abington)

**\*\*NOVEMBER 19<sup>th</sup> 12:00pm OCEAN STATE JOB  
LOT (Avon) - NO TRUCCHI'S**

THURSDAY—9:00am **IN TOWN** Shopping

FRIDAY — No Shopping on Fridays



## 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



# VOICES AND VOTES

DEMOCRACY IN AMERICA

The Smithsonian Exhibit is coming to  
Maple on Franklin  
NOVEMBER 1<sup>ST</sup> - DECEMBER 13<sup>TH</sup>

**Volunteers** are needed, please reach out to the  
Library or COA to sign up to volunteer!

Volunteer as exhibit guides, people counters, and  
hand out exhibit surveys!




## HALL OF FAME

**FRIDAY**  
NOVEMBER 7TH, 2025  
THE COA VAN LEAVES HOLBROOK AT 9:30AM

**\$7 a Person**  
VETERANS FREE WITH MILITARY ID

**REGISTER NOW!**

\*\*\*\*\*

# VETERAN'S DAY

PERFORMANCE AT  
THE JFK ELEMENTARY SCHOOL

\*\*\*\*\*

MONDAY, NOVEMBER 10<sup>TH</sup> AT 9:15AM



THE COA VAN WILL TAKE US TO THE SCHOOL TO  
ENJOY A PERFORMANCE BY THE STUDENTS

— ★ ★ ★ —

## HOLBROOK CELEBRATES VETERAN'S DAY

NOVEMBER 11<sup>TH</sup>, 2025  
11:00AM  
MARY WALES HOLBROOK PARK



### SCHEDULE OF EVENTS

9:00-10:30  
VETERANS BREAKFAST AT HOLBROOK COA

10:30  
SHUTTLE TO MARY WALES HOLBROOK PARK  
COFFEE & DONUTS PROVIDED BY ROTARY CLUB

11:00  
CEREMONY STARTS

12:00  
CEREMONY CONCLUDES  
SHUTTLE BACK TO COA IF NEEDED

— ★ ★ ★ —

## 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>



### **Voices of Valor: Honoring Holbrook's Veterans A Veteran's Day Celebration Breakfast Thursday, November 11th, 2025 at 9:00am-10:30am**

**Location:  
Holbrook Council on Aging - 9 Jewel Road Holbrook, MA 02343**

**Join us for a heartfelt morning of gratitude and community as we honor the service and sacrifice of Holbrook's Veterans.**

**Held as part of the Smithsonian's "Voices and Votes: Democracy in America" exhibit, this Veterans Day Breakfast is an opportunity to gather in appreciation of the men and women who have served our country. Enjoy a warm meal, share stories, and connect with neighbors as we reflect on the role of Veterans in preserving our democracy and freedoms.**

**All Veterans, active duty, families, and community members are welcome!**

**Breakfast will conclude in time for attendees to join the annual Veterans Day Ceremony.**

**COA Van is available, call for a ride 781-767-4617  
COA Van will also shuttle attendees from COA to Mary Wales Holbrook Park for event.  
Please call 781-767-4617 to register.**

**Congratulations to our Pizza Tasting Winners**  
**Holbrook House of Pizza & Sara's Pizza Palace!!**

**Thank you to all our local pizzerias that donated to the  
Holbrook COA's 1<sup>st</sup> Annual Pizza Tasting event!**



**Sara's Pizza Palace**  
**Holbrook House of Pizza**  
**Summit's Place**  
**Brookville Pizza**



**BLOOD PRESSURE CLINIC**

SCREENING IS *FREE* AND EARLY DETECTION HELPS PREVENT MAJOR ILLNESS  
LATER. COME JOIN US!

**WHEN:** 2<sup>ND</sup> & 4<sup>TH</sup> THURSDAY OF EVERY MONTH

**TIME:** 1:00-2:30PM

**WHERE:** HOLBROOK COUNCIL ON AGING  
9 JEWEL ROAD. HOLBROOK, MA 02343



**TAI CHI**  
 WEDNESDAYS IN NOVEMBER @ 10AM



INSTRUCTOR  
LISA

NOVEMBER 5TH, 12TH, AND 19TH

Tai Chi is a Chinese meditative martial art involving slow, gentle, and flowing movements combined with mindful breathing to strengthen the body and mind

Lunch at  
**Lucky's 777**  
 WEDNESDAY,  
 NOVEMBER 5TH @ 12PM



**LUCKY'S 777 BAR & GRILL**

SIGN UP TODAY!  
 COA VAN RIDE AVAILABLE

**Downsizing Q&A**   
 THURSDAY, NOVEMBER 6<sup>TH</sup>  
 AT 11:00AM

Erin Matlack from Caldwell Banker Realty  
 Joins us for a presentation on Downsizing



**CB**  
 COLDWELL  
 BANKER  
 REALTY

The Council on Aging presents  
 A talk and interactive presentation with  
**Abigail Adams**  
 Take a step back in time to January 1774  
 Please join us:  
**Wednesday November 12<sup>th</sup>**  
 11:00 am





Great difficulties may be surmounted by patience and perseverance.

\*We will enjoy some traditional snacks





**DRUMMING CIRCLE**

NOVEMBER 13<sup>TH</sup> & 24<sup>TH</sup>  
 11:00-12:00

JOIN US!



**Stanney's RESTAURANT**  
 FRIDAY, NOVEMBER 14<sup>TH</sup> 10AM-12PM

50% OFF COA MEMBERS



CALL FOR A RIDE 781-767-4617

YOU ARE INVITED TO  
**FRIENDSGIVING**  
 TURKEY GOBBLER SOCIAL

THURSDAY, NOVEMBER 20<sup>TH</sup>

STARTS AT 12:30 PM

CALL TO RSVP  
 781-767-4617



**HOLIDAY Shopping**

At The South Shore Plaza  
**NOVEMBER 21<sup>ST</sup> AT 10AM**  
 Take a ride on the COA van to the South Shore Plaza to get your holiday shopping done!



**BIRTHDAY BASH**

Monday, November 24<sup>th</sup>  
 12:30pm





# NOVEMBER 2025



**“SIGN-UP” for Activities/Events**

**HOLBROOK COUNCIL ON AGING**

**781-767-4617**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b> 11:00AM SMITHSONIAN EXHIBIT OPENS AT MAPLE ON FRANKLIN <a href="#">NOV 1 - DEC 13</a>
<b>2</b> 	<b>3</b> 9:30 Exercise 10:00 STRENGTH BANDS & BREATHING EXERCISES 12:00 “LUCKY” THERAPY DOG 12:30-1:30 (2) EPISODES OF THE NETFLIX SERIES “GRACE & FRANKIE”	<b>4</b> 9:30 Exercise 8:30-9:15 WALKING CLUB w/AMY 10:15-11:30 GENTLE YOGA w/SUSAN 12:30 BINGO	<b>5</b> 9:30 Exercise 10:00-11:00 TAI CHI w/LISA 10:00-12:00 AMANDA’S NAILS 12:00 LUCKY’S 777 SENIOR LUNCHEON (Private Pay)	<b>6</b> 9:30 Exercise 8:30-9:15 WALKING CLUB w/MICHELE 10:00 SCATTERGORIES 11:00 DOWNSIZING Q&A (Caldwell Banker Realty) 12:30 SOCIAL 1:00-2:30 REIKI (\$5 Donation)	<b>7</b> 9:30AM PATRIOTS HALL OF FAME (Private Pay) 	<b>8</b> 10:15-11:00 St. Joseph’s Food Pantry (Those with transportation)
<b>9</b>	<b>10</b> 9:30 Exercise 9:15 VETERAN’S PERFORMANCE AT JFK ELEMENTARY SCHOOL - COA VAN RIDE TO THE SCHOOL 10:00 & 11:15 FOOD PANTRY 11:30 STRENGTH BANDS & BREATHING EXERCISES 12:30 ROCK PAINTING	<b>11</b> 9:00-10:30 VETERAN’S DAY BREAKFAST & SHUTTLE 11:00 VETERAN’S DAY CEREMONY AT MARY WALES HOLBROOK PARK 	<b>12</b> 9:30 Exercise 10:00-11:00 TAI CHI w/LISA 11:00 ABIGAIL ADAMS 12:00-2:00 FLU SHOT CLINIC 1:00 DIAMOND ART 3:00 COA BOARD MEETING	<b>13</b> 9:30 Exercise 8:30-9:15 WALKING CLUB w/MICHELE 11:00 DRUMMING CIRCLE 12:30 SOCIAL 1:00-2:30 BLOOD PRESSURE 6:00 COOK THE BOOK	<b>14</b> 10:00-12:00 STANNEY’S 50% OFF COA MEMBER DISCOUNT BREAKFAST (Private Pay)	<b>15</b> NORWOOD THEATER GHOST MUSICAL @ 7:30PM (Private Pay)
<b>16</b> 	<b>17</b> 9:30 Exercise 9:00-11:00 COFFEE WITH A COP 10:00 STRENGTH BANDS & BREATHING EXERCISES 12:00 “HARPER” THERAPY DOG 12:30-2:30 MOVIE & LUNCH “PLANES, TRAINS, & AUTOMOBILES”	<b>18</b> 9:30 Exercise 8:30-9:15 WALKING CLUB w/AMY 10:15-11:30 GENTLE YOGA w/SUSAN 12:30 BINGO	<b>19</b> 9:30 Exercise 10:00-11:00 TAI CHI w/LISA 11:30 MEDLIFE ADVISORS: Medicare 101 12:00 OCEAN STATE 1:00-2:00 CROCHET w/CHRISSE	<b>20</b> 9:30 Exercise 8:30-9:15 WALKING CLUB w/MICHELE 10:00-11:00 TRIAD 12:30 TURKEY GOBBLER SOCIAL 1:00-2:30 REIKI (\$5 Donation)	<b>21</b> 10:00- HOLIDAY SHOPPING AT SOUTH SHORE PLAZA (Private Pay)	<b>22</b> NORWOOD THEATER THE GREAT AMERICAN SOULBOOK @ 7:30PM (Private Pay)
<b>23</b>	<b>24</b> 9:30 Exercise 10:00 STRENGTH BANDS & BREATHING EXERCISES 11:00 DRUMMING CIRCLE 12:30-2:00 “NOVEMBER” BIRTHDAY BASH	<b>25</b> 9:30 Exercise 8:30-9:15 WALKING CLUB w/AMY 10:15-11:30 GENTLE YOGA w/SUSAN 12:30 BINGO 6:00 REIMAGINE HOLBROOK	<b>26</b> 9:30 Exercise 10:00- 12:00 WINTER POTPOURRI SIMMER KIT MAKING  (1/2 DAY CLOSING AT 12PM)	<b>27</b> (CLOSED)  THANKSGIVING DAY 	<b>28</b> (CLOSED)	<b>29/30</b>

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

- 3**—Exercise 9:30, Strength Bands & Breathing Exercises 10:00, Lucky Therapy Dog 12:00, Netflix Series “Grace & Frankie” viewing 12:30-1:30
- 4**—Walking Club 8:30, Exercise 9:30, Gentle YOGA w/Susan 10:15-11:30, BINGO 12:30
- 5**— Exercise 9:30, TAI CHI w/Lisa 10:00-11:00, Amanda’s Nails 10:00-12:00, Lucky’s 777 Senior Lunch (Senior Specials-**Private Pay**) 12:00-2:00
- 6**—Walking Club 8:30, Exercise 9:30, Scattergories 10:00, Downsizing Q&A 11:00, SOCIAL 12:30, Reiki 1:00 (**\$5 Donation**)
- 7**—Patriots Hall of Fame (**Private Pay**) 9:30
- 10**— Veteran’s Day Performance at the JFK 9:15, Exercise 9:30, Food Pantry 10:00 & 11:15, Strength Bands & Breathing Exercises 11:30, Rock Painting 12:30
- 11**—CLOSED - Veteran’s Day Breakfast 9:00, Shuttle to Veteran’s Ceremony at Mary Wales Park 10:30
- 12**— Exercise 9:30, TAI CHI w/Lisa 10:00, Abigail Adams 11:00, **Flu Shot Clinic** 12:00-2:00, Diamond Art 1:00, COA Board Meeting 3:00
- 13**— Walking Club 8:30, Exercise 9:30, Drumming Circle 11:00, SOCIAL 12:30, Blood Pressure 1:00, Cook the Book 6:00
- 14**—**STANNEYS’S 50% OFF** Senior Breakfast (**Private Pay**) 10:00-12:00
- 17**—**Coffee with a Cop** 9:00-11:00, Exercise 9:30, Strength Bands & Breathing Exercises 10:00, Harper Therapy Dog 12:00, Movie & Brunch “Planes, Trains, & Automobiles” 12:30-2:30
- 18**—Walking Club 8:30, Exercise 9:30, Gentle YOGA w/Susan 10:15-11:30, BINGO 12:30
- 19**—Exercise 9:30, TAI CHI w/Lisa 10:00-11:00, MEDLIFE Advisors 11:30, Ocean State 12:00, Crochet w/Chrissy 1:00
- 20**—Walking Club 8:30, Exercise 9:30, TRIAD 10:00, SOCIAL 12:30, Reiki 1:00 (**\$5 Donation**)
- 21**—COA Holiday Shopping at South Shore Plaza 10:00 (**Private Pay**)
- 24**— Exercise 9:30, Strength Bands & Breathing Exercises 10:00-11:00, Drumming Circle 11:00, **“NOVEMBER”** Birthday Bash 12:30
- 25**—Walking Club 8:30, Exercise 9:30, Gentle YOGA w/Susan 10:15-11:30, BINGO 12:30, Reimagine Holbrook 6:00
- 26**—Exercise 9:30, Winter Potpourri Simmer Kit Making 10:00, Closing at 12:00
- 27 & 28** — CLOSED for Thanksgiving
- 12**—\***AVON COA**\* - Avon Council on Aging Caregiver Support Group – 2nd Wednesday of the month. 11:30-12:30
- 26**—\***AVON COA**\* - Memory Café – Last Wednesday of the Month (For Caregivers along with their individuals who are experiencing memory loss). 11:30-1:30



Smithsonian



MASS HUMANITIES



**VOICES AND VOTES**  
DEMOCRACY IN AMERICA

**GRAND OPENING**

Please join us for a Grand Opening Ribbon Cutting for the Smithsonian Institution’s Museum on Main Street Exhibit:  
**Voices and Votes: Democracy in America**

**SATURDAY, NOVEMBER 1, 2025**  
11:00AM

Maple on Franklin  
120 N. Franklin Street  
Holbrook, MA 02343

RSVP to [pconway@holbrook.ocln.org](mailto:pconway@holbrook.ocln.org)  
[www.holbrookpubliclibrary.org](http://www.holbrookpubliclibrary.org)



**HOLIDAY FAIR**

ST. John’s Episcopal Church  
322 S. Franklin St. ~ Rte. 37 ~ Holbrook  
Parking off King Rd.

**Saturday, November 22nd**  
9am-3pm

Jewelry ~Holiday Gifts~Antiques~  
Vendors~Handcrafted Items,  
Collectibles~Basket Raffle  
Gift Cards Raffle~Scratch Ticket Raffle  
Baked Goods ~ Pizza, Soda & Coffee.

HOLBROOK COMMUNITY

*Thanksgiving Dinner*

open to Holbrook and surrounding communities

**Thanksgiving Day**  
Thursday, November 27, 2025  
1:00 p.m.

St. John’s Episcopal Church  
322 North Franklin Street, Holbrook, MA  
Downstairs Hall

Cost: Free

This is a family-style dinner, open to everyone.  
It is not religious or financially based – just neighbors sharing a meal together.

No reservations required.

**Prep Night:**  
Wednesday, November 26, 2025  
5:00 -7:30 p.m.



For more information regarding attending, donating, or volunteering, please contact:  
Amie Pierce, Madeline Lopes and Melonie Dean  
At [communitythanksgiving02343@gmail.com](mailto:communitythanksgiving02343@gmail.com)  
Or private message us on Facebook

The Holbrook Council on Aging was generously gifted a **MERLIN HD Ultra**, and we would like to give it to a senior in need! Please call the COA if you are interested (first come, first serve) at **781-767-4617**.

A Merlin reading machine is a brand of electronic magnifier, also known as a CCTV (Closed Circuit Television), that magnifies text and objects for people with low vision. This desktop device uses a high-definition camera and a large screen to display magnified, high-contrast images.

**\*\*Please note, this is not for re-sale! Please only inquire if you are in need of this device for personal use.\*\***



## **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.