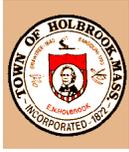


# HOLBROOK COUNCIL ON AGING NEWSLETTER



**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)

**DECEMBER  
2025**



## **MESSAGE FROM OUR COA DIRECTOR**

December is here, and with it comes frosty mornings, twinkling lights, and the cozy kind of magic you only find this time of year. Somewhere between the last fallen leaf and the first string of lights, we find ourselves pulling out our favorite sweaters, craving warm drinks, and making room for a little more joy. The days may be shorter and the nights a bit frostier, but the spirit of the season has a way of lighting things up. Whether you celebrate Hanukkah, Christmas, Kwanzaa, or simply the quiet beauty of a good snowfall, this is a time to slow down, reconnect, and savor what matters most. The season calls us to gather, reflect, and find joy in the little things. As we bundle up and brace for the colder days ahead, we're reminded that community is the very best kind of warmth.

November kept us on our toes in the best of ways. We added grace and focus to our days with the introduction of Tai Chi, while Michele's Strength Bands and Breathing class continued to stretch both muscles and minds. We honored our Veterans with heartfelt events at the COA and JFK, took a trip to the Patriots Hall of Fame, and squeezed in a little early holiday shopping at South Shore Plaza. Abigail Adams made a lively appearance for a history-inspired afternoon, while Sheila from MedLife Advisors helped us navigate Medicare just in time for open enrollment. Our Turkey Gobbler Social brought the feast, and our simmer pot workshop filled the air and our homes with seasonal scents and cheer.

December brings a flurry of festive fun to the COA, and we're diving in with plenty of cheer. When Holbrook's Holiday Stroll rolls through town, we'll be open and welcoming with hot cocoa, apple cider, coffee, and plenty of holiday spirit! We'll keep things moving and laughing with chair volleyball, then get crafty with handmade holiday ornaments and beautifully decorated shadow boxes that are perfect for gifting or admiring. Our annual Holiday Party at the Rockland Golf Course will be full of sparkle, stories, and good company. AARP will join us for two thoughtful presentations titled *Adapting to Change as We Age* and *The Six Pillars of Brain Health*, because wellness matters in every season. We'll also take a magical trip to the Enchanted Village where the lights shine bright and the nostalgia runs deep. And if you're looking for something truly special, the Smithsonian Exhibit *Voices and Votes* at 120 North Franklin Street is only in town for a little while longer, be sure to catch it before it leaves on December 13. It's a must-see! Whether you're here to celebrate, create, sip, or stroll, December is full of reasons to smile.

As the year winds down, we're reminded of what makes this place so special: **You!** Your laughter, your kindness, and your willingness to try something new are the spark behind every gathering, every game, every good idea. So, whether you're coming in to warm up, wind down, or take it all in, know this, there's always room at our table. Thank you for being part of this wonderful community and thank you for making 2025 positively wonderful. Here's to 2026 and the promise of so much more to come!

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 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!

### 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.

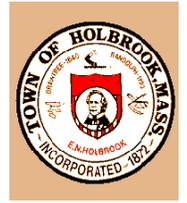
Interested in participating?

Call the Council on Aging to sign up today!

Senior   
**SAFE**



# HOLBROOK COA SENIOR HAPPENINGS



**COFFEE WITH A COP**



**BREAKFAST AT STANNEY'S**



**MONSTER MASH HALLOWEEN PARTY**



**DOWNSIZING ~ CALDWELL BANKER REALTY**



**PATRIOTS HALL OF FAME**



**ABIGAIL ADAMS PRESENTATION**

# 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 with our  
dedicated S.H.I.N.E. volunteer, Cathleen!

Mondays (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— No Shopping on Mondays

TUESDAY—9:00am **WALMART** (Avon)

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

**\*\*DECEMBER 17<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.

## 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.*

Veterans Service Center, 74 Pond St 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



Please join us  
for a trip to the nostalgic and timeless

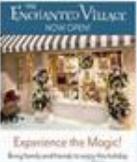
## Enchanted Village

@ Jordans Furniture in Avon

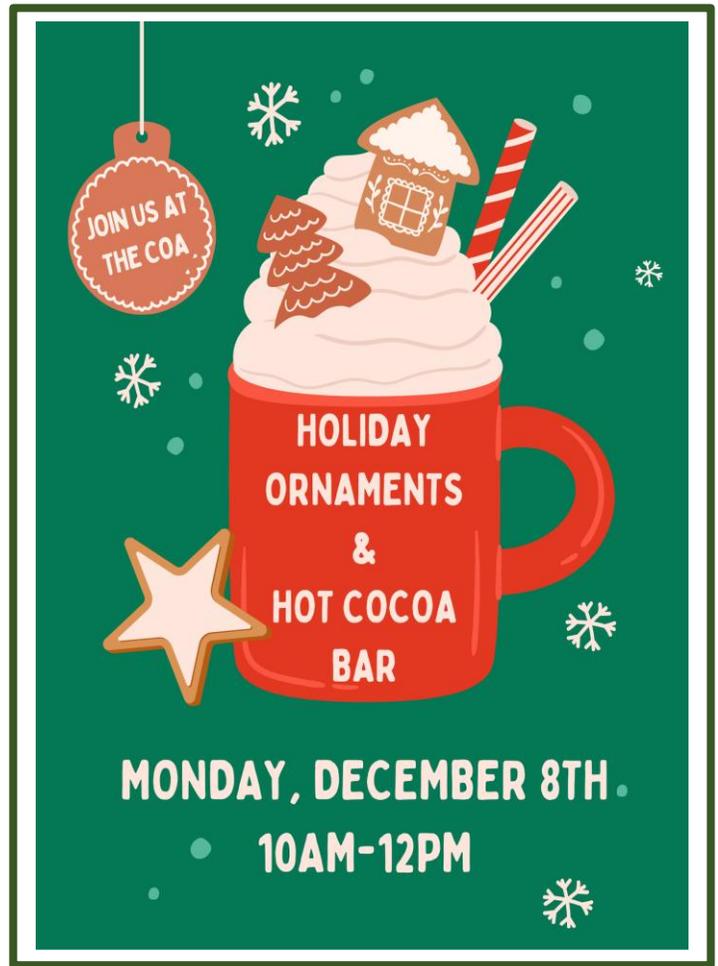
**Friday December 5<sup>th</sup>**  
**9:00a.m**

Meet at the COA

Lets get into the Holiday spirit as we walk through the village and enjoy a free holiday light show!!







JOIN US AT THE COA

**HOLIDAY ORNAMENTS & HOT COCOA BAR**

**MONDAY, DECEMBER 8TH**  
**10AM-12PM**



Please Join Us:

Lets get our craft on and create a

## Merry Little Button Tree Shadow Box

Keep it for yourself or give as a gift..

**Monday**  
**December 15th**  
**11:30-1:30**

We will enjoy some mocktails and munchies




Please Join Us for:

## AARP Presentations

**\*Adapting to change as we age**  
How we can best navigate constant change so that we can continue to enjoy our lives and loved ones

**Wednesday December 10th**  
**11:30a.m - 12:30 p.m**

**\*6 Pillars of Brain Health**  
A lifestyle that supports brain health can make a diifference to your well-being

**Wednesday December 17th**  
**11:30a.m - 12:30 p.m**



## 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 Veteran Services  
74 Pond St. Braintree, MA 02184  
781-794-8218

**George Andes**  
Veterans Agent – Town of Braintree, Holbrook, Avon  
74 Pond St. 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>

## Medical Equipment

The Holbrook Council On Aging has a limited supply of medical equipment including walkers, canes, transfer chairs, incontinence products, etc.

We accept donations of durable medical equipment in clean and working condition. Please note, we do not accept commodes.

Please call 781-767-4617 to check availability, or with questions about donating equipment. Donations are only accepted during the following hours:

Monday-Thursday 9:00am – 3:00pm



**47<sup>TH</sup> ANNUAL FESTIVAL OF LIGHTS AND FOURTH ANNUAL HOLIDAY STROLL**

JOIN US FOR THE TREE LIGHTING, KIDS CHORUS', CRAFTS, MUSIC, FOOD TRUCKS AND SPECIAL GUESTS!

DECEMBER 6 • 3PM-7PM

50 N. FRANKLIN STREET AND JEWEL ROAD, HOLBROOK

Vendor Sign up:  
[givebutter.com/HolidayStrollRegistration2025](https://givebutter.com/HolidayStrollRegistration2025)

WEATHER DATE:  
DECEMBER 13

Holbrook Rotary

COA is OPEN! Van available!

HOLBROOK COA  
**HOLIDAY  
PARTY**

**FRIDAY, DECEMBER 19TH  
12:00-2:00PM**

**MUSIC - FOOD - FUN**

**Rockland Golf Course  
276 Plain St. Rockland, MA 02370**

**\$28 a person**

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

INSTRUCTOR  
LISA

DECEMBER 3RD, 10TH & 17TH

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,  
DECEMBER 3RD @ 12PM

**LUCKY'S 777 BAR & GRILL**

SIGN UP TODAY!  
COA VAN RIDE AVAILABLE

**CHAIR VOLLEYBALL**  
AT THE HOLBROOK COA

THURSDAY, DECEMBER 4TH  
10:30AM

No Skill Required, Come Join The Fun!!

Crochet with  
Chrissy

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

Wednesday, December 10th 1pm-2pm

**DRUMMING CIRCLE**

DECEMBER 11TH & 29TH  
11:00-12:00

JOIN US!

**Stanney's RESTAURANT**

FRIDAY, DECEMBER 12TH 10AM-12PM

50% OFF COA MEMBERS

CALL FOR A RIDE 781-767-4617

Communities **MAKE CHANGE**

**TRIAD MEETING**

DATE: DECEMBER 18, 2025  
TIME: 10:00 - 11:00 AM

TRIAD is a program that puts COA members in touch with public safety and social service organizations in our area. Through regular meetings, TRIAD facilitates two-way communication that allows seniors to directly voice their concerns with the Holbrook Police and Fire Departments, Norfolk County Sheriff's Office, and other safety and health organizations.

*It's a Wonderful Life*

Movie & Lunch  
Monday, December 22nd  
12:30-2:30pm

**BIRTHDAY BASH**

Monday, December 29th  
12:30pm



# DECEMBER 2025



**“SIGN-UP” for Activities/Events**

**HOLBROOK COUNCIL ON AGING**

**781-767-4617**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>SMITHSONIAN EXHIBIT AT MAPLE ON FRANKLIN OPEN UNTIL DECEMBER 13!</b></p>	<p><b>1</b> 9:30 Exercise 10:00-11:00 STRENGTH BANDS &amp; BREATHING EXERCISES 11:30 ROCK PAINTING</p>	<p><b>2</b> 9:30 Exercise 8:30-9:15 WALKING CLUB w/AMY 10:15-11:30 GENTLE YOGA w/SUSAN 12:30 BINGO</p>	<p><b>3</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)</p>	<p><b>4</b> 9:30 Exercise 8:30-9:15 WALKING CLUB w/MICHELE 10:30 CHAIR VOLLEYBALL 12:30 SOCIAL 1:00-2:00 REIKI (\$5 Donation)</p>	<p><b>5</b> 9:00AM COA VISITS THE ENCHANTED VILLAGE WITH FREE LIGHT SHOW!  CREEDENCE REVIVED NORWOOD THEATER @ 7:30PM</p>	<p><b>6</b> HOLBROOK HOLIDAY STROLL 3:00-7:00PM <b>COA IS OPEN: HOT COCOA, COFFEE, CIDER, AND WARM UP!</b></p>
<p><b>7</b></p> 	<p><b>8</b> 9:30 Exercise 10:00-12:00 HOLIDAY ORNAMENTS &amp; HOT COCOA BAR 12:30-1:30 (2) EPISODES OF THE NETFLIX SERIES “GRACE &amp;FRANKIE”</p>	<p><b>9</b> 9:30 Exercise 8:30-9:15 WALKING CLUB w/AMY 10:15-11:30 GENTLE YOGA w/SUSAN 12:30 BINGO</p>	<p><b>10</b> 9:30 Exercise 10:00-11:00 TAI CHI w/LISA 11:30-12:30 ADAPTING TO CHANGE AS WE AGE (AARP PRESENTATION) 12:00-2:00 “HARPER” THERAPY DOG 1:00-2:00 CROCHET W/ CHRISSY 3:00 COA BOARD MTG</p>	<p><b>11</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</p>	<p><b>12</b> 10:00-12:00 STANNEY’S 50% OFF COA MEMBER DISCOUNT BREAKFAST (Private Pay)</p>	<p><b>13</b> 10:15-11:00 St. Joseph’s Food Pantry (Those with transportation)  A VERY CHER-Y CHRISTMAS NORWOOD THEATER @7:30PM</p>
<p><b>14</b></p>	<p><b>15</b> 9:30 Exercise 10:00 &amp; 11:15 FOOD PANTRY 10:00-11:00 STRENGTH BANDS &amp; BREATHING EXERCISES 11:30-1:30 HOLIDAY THEME SHADOW BOX</p>	<p><b>16</b> 9:30 Exercise 8:30-9:15 WALKING CLUB w/AMY 10:15-11:30 GENTLE YOGA w/SUSAN 12:30 BINGO</p>	<p><b>17</b> 9:30 Exercise 10:00-11:00 TAI CHI w/LISA 11:30-12:30 THE SIX PILLARS OF BRAIN HEALTH (AARP PRESENTATION) 12:00 Ocean State 1:00 DIAMOND ART</p>	<p><b>18</b> 9:30 Exercise 8:30-9:15 WALKING CLUB w/MICHELE 10:00-11:00 TRIAD 12:30 SOCIAL 1:00-2:00 REIKI (\$5 Donation)</p>	<p><b>19</b> 12:00-2:00 COA HOLIDAY PARTY ROCKLAND GOLF COURSE \$28/Person (Private Pay)</p>	
<p><b>21</b></p> 	<p><b>22</b> 9:30 Exercise 10:00-11:00 STRENGTH BANDS &amp; BREATHING EXERCISES 11:00-12:30 COFFEE WITH A COP 12:30-2:30 MOVIE &amp; LUNCH “It’s A Wonderful Life”</p>	<p><b>23</b> 9:30 Exercise 8:30-9:15 WALKING CLUB w/AMY 10:15-11:30 GENTLE YOGA w/SUSAN 12:30 BINGO</p>	<p><b>24</b> (CLOSED)  CHRISTMAS EVE</p>	<p><b>25</b> (CLOSED)  CHRISTMAS</p>	<p><b>26</b> (CLOSED)</p>	<p><b>27</b> 11:30-1:00 New Birth Evangelical Church FOOD PANTRY (Those with transportation)</p>
<p><b>28</b></p>	<p><b>29</b> 9:30 Exercise 10:00 STRENGTH BANDS &amp; BREATHING EXERCISES 11:00 DRUMMING CIRCLE 12:30-2:00 “DECEMBER” BIRTHDAY BASH</p>	<p><b>30</b> 9:30 Exercise 8:30-9:15 WALKING CLUB w/AMY 10:15-11:30 GENTLE YOGA w/SUSAN 12:30 BINGO</p>	<p><b>31</b> (CLOSED)  NEW YEAR’S EVE</p>	<p><b>JAN 1</b> (CLOSED)  NEW YEAR’S DAY</p>	<p><b>JAN 2</b> (CLOSED)</p>	<p><b>JAN 3</b></p> 

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

- 1—Exercise 9:30, Strength Bands & Breathing Exercises 10:00, Rock Painting 11:30
  - 2—Walking Club 8:30, Exercise 9:30, Gentle YOGA w/Susan 10:15-11:30, BINGO 12:30
  - 3— 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
  - 4—Walking Club 8:30, Exercise 9:30, Chair Volleyball 10:30, SOCIAL 12:30, Reiki 1:00 (**\$5 Donation**)
  - 5— COA Trip to The Enchanted Village 9:00, Creedence Revived at Norwood Theater 7:30pm
  - 6— Holbrook Holiday Stroll (COA Building will be OPEN!) 3:00-7:00pm
  - 8— Exercise 9:30, Holiday Ornaments & Hot Cocoa Bar 10:00-12:00, Netflix Series "Grace & Frankie" viewing 12:30-1:30
  - 9— Walking Club 8:30, Exercise 9:30, Gentle YOGA w/Susan 10:15-11:30, BINGO 12:30
  - 10— Exercise 9:30, TAI CHI w/Lisa 10:00-11:00, Adapting to Change As we Age-AARP Presentation 11:30, Harper Therapy Dog 12:00, Crochet w/Chrissy 1:00, COA Board Meeting 3:00
  - 11— Walking Club 8:30, Exercise 9:30, Drumming Circle 11:00, SOCIAL 12:30, Blood Pressure 1:00, Cook The Book 6:00
  - 12— **STANNEYS'S 50% OFF** Senior Breakfast (**Private Pay**) 10:00-12:00
  - 13—St. Joe's Food Pantry 10:15, Very Cher-y Christmas at Norwood Theater 7:30pm
  - 15—Exercise 9:30, Strength Bands & Breathing Exercises 10:00, Food Pantry 10:00 & 11:15, Holiday Theme Shadow Box 11:30-1:30
  - 16—Walking Club 8:30, Exercise 9:30, Gentle YOGA w/Susan 10:15-11:30, BINGO 12:30
  - 17—Exercise 9:30, TAI CHI w/Lisa 10:00-11:00, 6 Pillars of Brain Health- AARP Presentation 11:30 Ocean State 12:00, Diamond Art 1:00
  - 18—Walking Club 8:30, Exercise 9:30, TRIAD 10:00, SOCIAL 12:30, Reiki 1:00 (**\$5 Donation**)
  - 19—COA Holiday Party at Rockland Golf Course (**Private Pay**)
  - 22— Exercise 9:30, Strength Bands & Breathing Exercises 10:00-11:00, Coffee with a Cop 11:00, Movie & Lunch 12:30-2:30
  - 23—Walking Club 8:30, Exercise 9:30, Gentle YOGA w/Susan 10:15-11:30, BINGO 12:30
  - 24-26—Closed for Christmas
  - 27—New Birth Evangelical Church Food Pantry 11:30-1:00
  - 29— Exercise 9:30, Strength Bands & Breathing Exercises 10:00-11:00, Drumming Circle 11:00, "**DECEMBER**" Birthday Bash 12:30
  - 30— Walking Club 8:30, Exercise 9:30, Gentle YOGA w/Susan 10:15-11:30, BINGO 12:30
  - 31—Closed for New Year's Eve
- 10—\***AVON COA**\* - Avon Council on Aging Caregiver Support Group - 2nd Wednesday of the month. 11:30-12:30  
31—\***AVON COA**\* - Memory Café - Last Wednesday of the Month (For Caregivers along with their individuals who are experiencing memory loss). 11:30-1:30

## **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



### **Christmas 'JUL' Bazaar**

Saturday, December 6, 2025

10 a.m. to 3 p.m.

\*

South Shore Viking Club

220 So. Franklin Street (across from Holbrook High School)

Holbrook, MA

\*

For information, call 508-495-9545

- Scandinavian Imports
- Swedish baked goods
- Gift baskets
- Jewelry
- Crafts
- And more



## 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. 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)



# VOICES AND VOTES DEMOCRACY IN AMERICA

November 1, 2025 - December 13, 2025

Maple on Franklin  
120 North Franklin Street  
Holbrook MA 02343

## Smithsonian

VOICES AND VOTES: DEMOCRACY IN AMERICA IS PART OF MUSEUM ON MAIN STREET, A COLLABORATION BETWEEN THE SMITHSONIAN INSTITUTION AND STATE HUMANITIES COUNCILS NATIONWIDE. IT IS BASED ON AN EXHIBITION BY THE NATIONAL MUSEUM OF AMERICAN HISTORY. SUPPORT FOR MUSEUM ON MAIN STREET HAS BEEN PROVIDED BY THE UNITED STATES CONGRESS



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Have you had a chance to visit the traveling Smithsonian exhibit here in Holbrook? It's at Maple On Franklin until December 13<sup>th</sup>, and then it's off to the next city!

Hours:

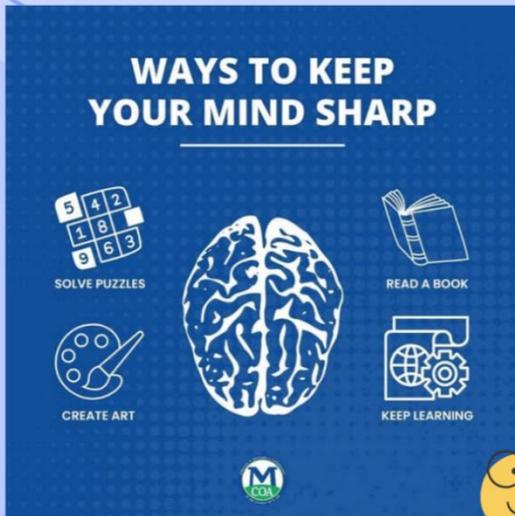
Tuesdays, Fridays, and Saturdays  
10-5pm  
Wednesdays and Thursdays 12-7pm



# Support Brain Health Every Day!

Ways to keep your brain active and healthy:

- Challenge your mind** – Try puzzles, crosswords, or learning something new.
- Stay connected** – Regular social interaction helps keep your brain sharp.
- Move your body** – Even light daily exercise increases blood flow to the brain.
- Eat smart** – Leafy greens, berries, and omega-3s are brain boosters.
- Prioritize sleep** – 7–9 hours per night helps your brain “clean house.”
- Manage stress** – Deep breathing, music, or meditation can calm your mind.



## Word Search



## Sudoku

		1	2			8	7	
		6		8			2	4
	8			7	3			5
6	2		1	3			8	
8			9	4			5	2
5	9	4			8	3		6
3		9				5	4	
1				9		2		8
				5	7			

- Candy Cane
- Ornaments
- North Pole
- Carols
- Presents
- Merry
- Christmas
- Reindeer
- Stocking
- Elves
- Santa
- Lights
- Gingerbread
- Sleigh
- Tree
- Jingle
- Winter
- December
- Holly
- Wreath



\*Sudoku is a logic-based puzzle played on a 9x9 grid divided into nine 3x3 subgrids, where the goal is to fill each row, column, and 3x3 subgrid with the digits 1 through 9, with no repeats

**Scam Alert** - There is an increase in scams by people claiming to be associated with the Norfolk County Sheriff's Office. These scams may involve phone calls, emails, or messages that demand payment, threaten arrest, or request personal information. Often, the scammers indicate you have "missed jury duty" or that there is a "warrant" out for you and that you risk being "detained" if money is not sent immediately. Please be advised that the Norfolk County Sheriff's Office does not contact individuals to demand money, request gift cards, or ask for personal or financial information. Local police departments never make calls like this either.

- Do not provide any personal or financial information.
- Do not send money or purchase gift cards, or transfer funds through a Bitcoin kiosk.

**Sheriff Patrick McDermott**  
Norfolk County Sheriff's Office