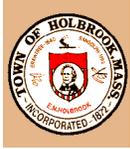


# HOLBROOK COUNCIL ON AGING NEWSLETTER



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)

JANUARY  
2026



## **MESSAGE FROM OUR COA DIRECTOR**

With the holiday buzz behind us, we step into January with a fresh perspective, a quieter pace, and all the promise a new year brings. As we enter 2026, the calendar opens wide with possibility, full of new adventures to take, new faces to meet, and new memories waiting to be made. We carry with us the laughter and connections that made last year so special and step into this season ready to set intentions and share smiles. It is a time for staying active, staying connected, and leaning into what matters most. Whether you are eager to try something new or simply savor the slower pace of winter, there is no better moment to show up for yourself and for each other.

Though it was freezing out, December wrapped the year in warmth and wonder. We kicked things off with Holbrook's Holiday Stroll, greeting friends old and new with hot cocoa, apple cider, and plenty of holiday spirit. Chair volleyball kept us laughing and moving, while holiday crafts and shadow box creations brought out the creative magic in everyone. Our annual Holiday Party at the Rockland Golf Course was filled with great food, great friends, and cheerful visits from Santa and Buddy the Elf. We explored meaningful topics during two AARP presentations, *Adapting to Change as We Age* and *The Six Pillars of Brain Health*, and enjoyed a magical trip to the Enchanted Village that filled us with nostalgia and delight. We also had the chance to experience two fantastic shows at the Norwood Theatre: *Creedence Revived* and *A Very Cher-y Christmas*—both packed with talent, energy, and festive flair. Many caught the Smithsonian's *Voices and Votes* exhibit before it closed. December was full of joyful moments, and we loved closing out the year in such warm and wonderful company.

January is off to a strong start with a full calendar of activities and the return of member favorites. Our brand-new Balance and Exercise class with Neil is a welcomed addition to our wellness offerings, joining Susan's Gentle Yoga and Lisa's Tai Chi as we continue to move with strength and purpose. Chair volleyball was such a hit that it's back by popular demand. We're getting creative with a snowman craft and cozying up with Crochet with Chrissy. There's a shopping trip to Braintree, our first-ever Hearing Health Clinic, and a fun afternoon of interactive games with Kevin. Don't forget to sit down for coffee and conversation with local officers during this month's Coffee with a Cop. There's something for everyone, and we're just getting started.

As the new year begins, we are reminded of the power of small moments and shared experiences. Whether it's laughter over lunch, movement in a class, or connection over coffee, each gathering adds meaning to our days. Thank you for making this community feel like home. Here's to the year ahead and to the moments—big and small—that will make it shine.

Holly

## MEET THE COA STAFF

Holly Rose—Director  
Amy Mills—Coordinator  
**\*OPEN\***—Activities Coordinator  
Margaret Feeley—Principal Clerk  
Katherine Fabian—Principal Clerk  
Denise West—Alternate Principal Clerk  
Jennifer Reilly—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—Chair  
Beatrice Taggart—Vice Chair  
Marion (Missy) Rapoza—Treasurer  
Susan Murray—Clerk  
Susan Mann  
Rosemary Clarke  
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 helps us to create an active, connected, and meaningful community where Holbrook's seniors can laugh, learn, and celebrate life. Their support strengthens the programs and services that promote independence, wellness, and dignity for our members.



### 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)

### 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.



### 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

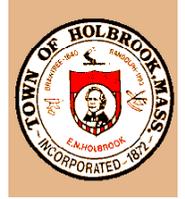
### Smoke & CO2 Detector Inspections are back!

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**



**BIRTHDAY BASH**



**DRUMMING CIRCLE**



**THE GREAT AMERICAN SOULBOOK**



**TRIAD**



**AARP PRESENTATION**



**CHAIR VOLLEYBALL**



**THE ENCHANTED VILLAGE**

# 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

## 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)

**\*\* JANUARY 21<sup>ST</sup> 12:00pm OCEAN STATE JOB LOT  
(Avon) - NO TRUCCHI'S**

THURSDAY—9:00am **IN TOWN** Shopping

FRIDAY — No Shopping on Fridays

## 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—Fri  
for appointments from 8:00am—1:30pm

## 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

## Balance & Exercise Class



With Neil Sullivan  
Clinical Exercise Physiologist

This class is designed to increase your balance, strength and flexibility

\*by incorporating special exercises and balance drills which will focus on improving stability, mobility and prevent falls

Please join us:

Monday January 5<sup>th</sup> 10:00 - 11:15 a.m

Monday January 12<sup>th</sup> 10:00 - 11:15 a.m

Monday January 26<sup>th</sup> 10:00 - 11:00 a.m



## Hearing Clinic :

Thursday January 22<sup>nd</sup>  
10:00 a.m - 12:00 p.m



At Home Hearing will offer 15 minute individual appointments

They will be able to answer your questions and or concerns

Free hearing aid cleaning if needed

Please reach out to sign up for this free service

## Please join us for Game Show Fun

with your host Kevin  
Richman

The chance to relive the excitement of classic game shows - while fostering connections, laughter and lifelong memories.

Wednesday January 28<sup>th</sup>  
11:30 a.m - 1:00 p.m

Prizes and guaranteed fun



## COFFEE WITH A COP

CONNECT  
WITH  
OFFICERS!



Friday, January 30<sup>th</sup>, 2026

10:00-11:00 AM

AT THE COUNCIL ON AGING

Enjoy coffee and conversation with local police!

## 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>

### Veterans Breakfast

The Holbrook Council On Aging is hosting a **Veterans Hour** with our Veterans Agent! Join us for great conversation, Veterans news, coffee, and delicious breakfast sandwiches from Stanney's!

**Wednesday, January 28<sup>th</sup>, 2026**  
**10:00-11:00am**



### Veterans Services Has Moved!

The Veterans Services for Holbrook, Braintree, and Avon, has moved to a new location! Stop in for a visit!  
The new address is:

**74 Pond Street**  
**Braintree, MA 02184**  
**(2<sup>ND</sup> Floor)**





**The Holbrook  
Public Library**



**PublicLibrary**  
ASSOCIATION

# COMPUTER CLASSES

## WINTER WORKSHOPS:

**INTERNET BASICS TUE, JAN 13TH @ 11:30**

**ONLINE FRAUDS & SCAMS TUES, JAN 27TH @ 11**

**COMPUTER BASICS WEDS, FEB 11TH @ 5:30**

**COMPUTER BASICS WEDS, FEB 25TH @ 5:30**

**AI LITERACY MARCH 10<sup>TH</sup> @ 11:30**

**LEARN TO USE AI MARCH 24<sup>TH</sup> @ 11:30**

**Free at Holbrook Public Library  
Spaces are limited, call or visit our  
website to reserve your spot!**

**[www.holbrookpubliclibrary.com](http://www.holbrookpubliclibrary.com)**

**(781) 767-3644**

**DIGITALEARN.ORG**

**AT&T**  
**connected**  
LEARNING CENTER™

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



INSTRUCTOR  
LISA

JANUARY 7th, 14th, 21st & 28th

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**

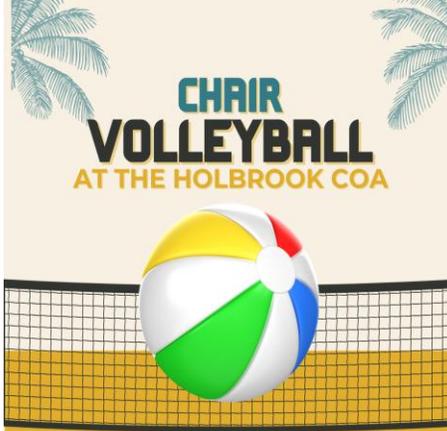
WEDNESDAY,  
JANUARY 7TH @ 12PM



LUCKY'S  
BAR & GRILL

COA VAN RIDE AVAILABLE

**CHAIR VOLLEYBALL**  
AT THE HOLBROOK COA



THURSDAYS:  
JANUARY 8<sup>TH</sup> @ 10:30 AM  
JANUARY 29<sup>TH</sup> @ 10:30 AM

No Skill Required, Come Join The Fun!!

*Stanney's*  
**RESTAURANT**

FRIDAY, JANUARY 9<sup>TH</sup> 10AM-12PM

50% OFF COA MEMBERS



CALL FOR A RIDE 781-767-4617

**Snowman Stick Craft**

Please join us

Wednesday January 14th  
11:00 a.m - 1:00 p.m



We will enjoy Cocoa while Crafting



**BRAINTREE**

**SHOPPING TRIP**

JANUARY 16TH, 2026  
9:30AM-12:30PM

Join us for a day of shopping at your favorite stores.  
Don't miss out on the fun!



*Crochet with*  
**Chrissy**



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

Wednesday, January 21<sup>st</sup> 1pm-2pm

**SIMMER POT MAKING KITS**



FRIDAY, JANUARY 23<sup>RD</sup>  
10:00-12:00



**DRUMMING CIRCLE**

JANUARY 26<sup>TH</sup> 2026  
11:00-12:00

JOIN US!





# JANUARY 2026



**“SIGN-UP” for Activities/Events**

**HOLBROOK COUNCIL ON AGING**

**781-767-4617**

| Sunday        | Monday  | Tuesday   | Wednesday  | Thursday   | Friday  | Saturday   |
|---------------|---|---|--|--|---|--|
|               |   |   |  | 1  | 2   | 3  |
|               |   |   |  | <b>CLOSED</b>  | <b>CLOSED</b>   |  |
| 4<br>         | <b>5</b> 9:30 Exercise<br>10:00-11:15 BALANCE & EXERCISE CLASS W/NEIL SULLIVAN<br>12:30-1:30 (2) EPISODES OF THE NETFLIX SERIES “GRACE & FRANKIE” | <b>6</b> 9:30 Exercise<br>10:15-11:30 GENTLE YOGA w/SUSAN<br>12:30 BINGO (\$5 FOR TWO CARDS)  | <b>7</b> 9:30 Exercise<br>10:00-11:00 TAI CHI w/LISA<br>10:00-12:00 AMANDA’S NAILS<br>12:00 LUCKY’S 777 SENIOR LUNCHEON (Private Pay)                    | <b>8</b> 9:30 Exercise<br>10:30-11:30 CHAIR VOLLEYBALL<br>12:30 SOCIAL<br>1:00-2:30 BLOOD PRESSURE   | <b>9</b><br>10:00-12:00 STANNEY’S 50% OFF COA MEMBER DISCOUNT BREAKFAST<br>Sign-up required (Private Pay) | <b>10</b><br>10:15-11:00 St. Joseph’s Food Pantry (Those with transportation)                |
| <b>11</b>     | <b>12</b> 9:30 Exercise<br>10:00-11:15 BALANCE & EXERCISE CLASS W/NEIL SULLIVAN<br>10:00 & 11:15 FOOD PANTRY<br>12:00 ROCK PAINTING               | <b>13</b> 9:30 Exercise<br>10:15-11:30 GENTLE YOGA w/SUSAN<br>12:30 BINGO (\$5 FOR TWO CARDS) | <b>14</b> 9:30 Exercise<br>10:00-11:00 TAI CHI w/LISA<br>11:30-1:30 SNOWMAN STICK CRAFT<br><br>3:00 COA BOARD MEETING                                    | <b>15</b> 9:30 Exercise<br>11:00-12:00 TRIAD<br>12:30 SOCIAL<br>1:00-2:00 REIKI (\$5 Donation)<br>6:00 COOK THE BOOK (Everyone cooks/bakes items from the same cookbook & shares!) | <b>16</b><br>9:30-12:30 HOMESENSE, TJ-MAXX, & HOME GOODS SHOPPING TRIP IN BRAINTREE<br>                   | <b>17</b>  |
| <b>18</b>     | <b>19</b><br><b>CLOSED</b><br><br>Martin Luther King Day  | <b>20</b> 9:30 Exercise<br>10:15-11:30 GENTLE YOGA w/SUSAN<br>12:30 BINGO (\$5 FOR TWO CARDS) | <b>21</b> 9:30 Exercise<br>10:00-11:00 TAI CHI w/LISA<br>11:30 DIAMOND ART<br>12:00 Ocean State<br>1:00-2:00 CROCHET W/CHRISY                            | <b>22</b> 9:30 Exercise<br>10:00-12:00 HEARING HEALTHCARE CLINIC (Sign-up required)<br>12:30 SOCIAL<br>1:00-2:30 BLOOD PRESSURE  | <b>23</b> 9:30 Exercise<br>10:00-12:00 WINTER SIMMER POT MAKING KITS                                      | <b>24</b><br>11:30-1:00 New Birth Evangelical Church FOOD PANTRY (Those with transportation) |
| <b>25</b><br> | <b>26</b> 9:30 Exercise<br>10:00-11:00 BALANCE & EXERCISE CLASS W/NEIL SULLIVAN<br>11:00 DRUMMING CIRCLE<br>12:30-2:00 “JANUARY” BIRTHDAY BASH    | <b>27</b> 9:30 Exercise<br>10:15-11:30 GENTLE YOGA w/SUSAN<br>12:30 BINGO (\$5 FOR TWO CARDS) | <b>28</b> 9:30 Exercise<br>10:00-11:00 TAI CHI w/LISA<br>10:00-11:00 VETERANS HOUR (BREAKFAST & COFFEE)<br>11:30-1:00 GAME SHOW FUN - HOST KEVIN RICHMAN | <b>29</b> 9:30 Exercise<br>10:30-11:30 CHAIR VOLLEYBALL<br>12:30 SOCIAL<br>1:00-2:00 REIKI (\$5 Donation)  | <b>30</b> 9:30 Exercise<br>10:00-11:00 COFFEE WITH A COP  | <b>31</b>  |

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

- 1—CLOSED
- 2—CLOSED
- 5— Exercise 9:30, Balance & Exercise Class w/Neil Sullivan 10:00-11:15, Netflix Series “Grace & Frankie” viewing 12:30-1:30
- 6—Exercise 9:30, Gentle YOGA w/Susan 10:15-11:30, BINGO 12:30
- 7— 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
- 8— Exercise 9:30, Chair Volleyball 10:30, SOCIAL 12:30, Blood Pressure 1:00
- 9—STANNEYS’S 50% OFF Senior Breakfast (Private Pay) 10:00-12:00
- 10—St. Joseph’s Food Pantry (Those with Transportation) 10:15-11:00
- 12—Exercise 9:30, Balance & Exercise Class w/Neil Sullivan 10:00-11:15, Food Pantry (Those without Transportation) 10:00 & 11:15, Rock Painting 12:00
- 13—Exercise 9:30, Gentle YOGA w/Susan 10:15-11:30, BINGO 12:30
- 14— Exercise 9:30, TAI CHI w/Lisa 10:00-11:00, Snowman Craft 11:30-1:30, COA Board Meeting 3:00
- 15— Exercise 9:30, TRIAD 11:00, SOCIAL 12:30, Reiki 1:00 (\$5 Donation), Cook The Book 6:00
- 16— HomeSense, TJ-MAXX, & HomeGoods Shopping Trip in Braintree 9:30-12:30
- 19— CLOSED for Martin Luther King Day
- 20— Exercise 9:30, Gentle YOGA w/Susan 10:15-11:30, BINGO 12:30
- 21— Exercise 9:30, TAI CHI w/Lisa 10:00-11:00, Diamond Art 11:30, Ocean State 12:00, Crochet w/Chrissy 1:00
- 22— Exercise 9:30, Hearing Healthcare Clinic (Signup Required) 10:00-12:00, SOCIAL 12:30, Blood Pressure 1:00
- 23— Exercise 9:30, Winter Simmer Pot Making Kits 10:00-12:00
- 24— New Birth Evangelical Church Food Pantry 11:30-1:00
- 26— Exercise 9:30, Balance & Exercise Class w/ Neil Sullivan 10:00-11:00, Drumming Circle 11:00, “JANUARY” Birthday Bash 12:30
- 27— Exercise 9:30, Gentle YOGA w/Susan 10:15-11:30, BINGO 12:30
- 28— Exercise 9:30, TAI CHI w/Lisa 10:00-11:00, Veteran’s Hour 10:00-11:00, Game Show Fun w/Host Kevin Richman 11:30-1:00
- 29—Exercise 9:30, Chair Volleyball 10:30, SOCIAL 12:30, Reiki 1:00 (\$5 Donation)
- 30—Exercise 9:30, COFFEE WITH A COP 10:00-11:00

- 9—\*AVON COA\* - Avon Council on Aging Caregiver Support Group – 2nd Friday of the month. 11:00-12:00
- 28—\*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



## **INCLEMENT WEATHER POLICY**

The Holbrook Council on Aging follows the Holbrook Public Schools Storm Closings. If the schools close due to inclement weather, all programs at the senior center, including transportation, will be canceled.



# SAVE THE DATE!

## HOLBROOK COA UPCOMING EVENTS

Limited seats/tickets available!

FEB 5<sup>TH</sup>

Laughter is the  
Best Medicine  
@ 11:00 COA

FEB 6<sup>TH</sup>

Blue Hills  
Culinary Lunch  
@ 11:00 Blue Hills

FEB 20<sup>TH</sup>

Girl Scout  
Cookie Tasting  
@ 10:00 COA

MAR 6<sup>TH</sup>

Fuller Craft  
Museum  
Guided Tour  
@ 10:30 Fuller Craft

MAR 21<sup>ST</sup>

"Sweet Caroline"  
Tour - Neil  
Diamond Tribute  
@ 7:30 Norwood Theatre

APR 17<sup>TH</sup>

Wizard of  
Oz

@ 7:30 Company Theatre



**CALL 781-767-4617 TO REGISTER  
SO WE CAN PURCHASE TICKETS ASAP!**



The Avon Council on Aging is sponsoring a trip to the Twin Rivers Casino in Rhode Island on January 21<sup>st</sup> 2026, 9am-3pm. Our members are welcome to join!

Transportation is \$5 per person.

Please call the Avon Council on Aging to register!  
508-559-0060

# TWIN RIVERS CASINO

## JANUARY 21

9AM - 3PM

**TRANSPORTATION \$5**  
BUS LEAVES AVON PD AT 9AM, RETURNS AT 3PM  
(CASINO TIME 4 HOURS)

# MASSACHUSETTS SENIOR CIRCUIT BREAKER TAX CREDIT

## 2025 Tax Year

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 2025 is \$2,820. 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.

### 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 2025, your total Massachusetts income doesn't exceed:
  - \$75,000 for a single individual who is not the head of a household.
  - \$94,000 for a head of household.
  - \$112,000 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, 2025, before residential exemptions but after abatements, cannot exceed \$1,298,000.
- 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.
- 

### Who isn't eligible:

- You are a nonresident.
- You are married and your status is married filing separately.
- You are a dependent of another taxpayer.
- You receive a federal and/or state rent subsidy or you rent from a tax-exempt entity.
- For tax year 2025, the assessed value of principal residence exceeds \$1,298,000.
- If you did not complete a [Schedule CB](#) within 3 years from the last day for filing the return, without regard to any extension of time to file.



## **New Job Posting – Activities Coordinator**

The Holbrook Council on Aging is looking for a creative, friendly, and community-minded Part-Time Activities Coordinator to help plan and lead programs, classes, and special events. This 19-hour-per-week role supports our growing calendar of activities and helps make the COA a welcoming, engaging place for all. For the full job posting and instructions on how to apply, please visit the Town of Holbrook website at [www.holbrookma.gov](http://www.holbrookma.gov)

## **WALKING CLUB – JANUARY & FEBRUARY**

There will be no outdoor walking club for the months of January and February. If anyone is interested in continuing to walk over the winter months, the Randolph Intergenerational Community Center (RICC) is available. We will start back up again walking outside in March at Sumner Field.

### **Additional Ride Information**

#### **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 5AM to 1AM 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.

If you are experiencing a health or safety emergency, please call 911.

For help scheduling a trip, or if your driver does not arrive during your pick-up window, call The RIDE Access Center (TRAC) at 844-427-7433. Phones are staffed during The RIDE's hours of operation. Reservationists are available to schedule trips 8:30AM-5PM daily.

Contact MBTA Customer Support at 617-222-3200 or 711 for TTY callers; VRS for ASL callers, if you have suggestions, compliments, or complaints. Phones are staffed Monday-Friday: 6:30AM – 8 PM and Saturday – Sunday: 8AM – 4PM.

### **SOUTH SHORE COMMUNITY ACTION COUNCIL**

Door-to-door transportation for seniors and individuals with disabilities in handicap accessible vans. SSCAC provides door-to-door transportation for people who are elderly and/or disabled so they can access critical programs and services they need. Transportation is provided Monday through Friday from 6:00 am to 6:00 pm. If you are elderly or have a disability, you may be eligible for transportation to and from:

- Adult Day Health Programs
- Dialysis
- Doctor and Dental Visits
- Non-Emergency Hospital Visits
- Employment/Welfare to Work Programs
- Metro Boston and Other Medical Facilities
- Educational Facilities
- Shopping Trips
- Social/Recreational Events



Commonwealth of Massachusetts  
**COUNTY OF NORFOLK**  
Office of the County Commissioners  
**RSVP VOLUNTEER PROGRAM**

614 High Street, P.O. Box 310, Dedham, MA 02027-0310  
Tel: 781-329-5728 Email: [rsvp@norfolkcounty.org](mailto:rsvp@norfolkcounty.org) Fax: 781-326-6480



# Are you a Veteran and need a ride to your next medical appointment?

The Norfolk County RSVP “Rides for Vets” Program can help (and it’s free!)

- Staffed by friendly Veteran drivers and other volunteers wanting to serve our Vets.
- One week’s notice minimum required, with one ride per week limit, per veteran.
- For more info on getting a ride contact us @ 781-329-5728, ext. 1.

Eligibility is limited to veterans, spouses & widows of vets residing in Norfolk County

Norfolk County RSVP (Retired & Senior Volunteer Program) is funded by the Norfolk County Commissioners and a federal grant from AmeriCorps Seniors to encourage and support community service and volunteerism at a national and local level. RSVP’s mission is to match and engage volunteers with meaningful community support opportunities at carefully vetted municipal, non-profit and healthcare agencies throughout Norfolk County. Primary areas include Elementary School Classroom Support, Food Security, Veteran Support Services and Friendly visiting to homebound elders.

## 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>.**





**Stoughton  
YMCA**

- Join us on Wednesday for FREE with your COA tag!
- LIVESTRONG at the YMCA : A FREE cancer survivor program
- Fair Foods: \$2 Produce Bag Distribution, Wednesdays 2:30–4:30pm, CASH ONLY
- Enhanced Fitness: Arthritis Management Program. Free with Membership

For more info or to learn about our other Healthy Living programs, Call Heather 781-341-2016 Ext 1815  
[hbarros@oldcolonymca.org](mailto:hbarros@oldcolonymca.org)

## 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**



## EXECUTIVE OFFICE OF AGING & INDEPENDENCE

Providing support for older adults living in nursing homes, rest homes, or assisted living residences.

A Long-Term Care Ombudsman is certified to investigate any issues that arise in nursing homes, rest homes, or assisted living facilities, so the residents who live there can do so with dignity and respect.

As an advocate, a Long-Term Care Ombudsman works to resolve problems between residents and nursing homes, rest homes, or assisted living facilities, as they relate to the health, welfare, and rights of those they serve.

Long-Term Care Ombudsman often act as mediators, visiting facilities on a regular basis and allowing residents to voice their complaints and work toward resolution with staff before issues can escalate. Anyone can bring a complaint before the ombudsman, and the complaint can be on behalf of a specific resident or on behalf of residents as a group.

### **Eligibility & Cost**

Long-Term Care Ombudsman support is **free** for residents who live in nursing homes, rest homes, or assisted living facilities.

Phone: [617-222-7495](tel:617-222-7495)

Address: 1 Ashburton Place 10<sup>th</sup> Floor Boston, MA 02108

Holbrook Council On Aging  
9 Jewel Road  
Holbrook, MA 02343  
781-767-4617  
Open Mon-Thurs 9am-3pm

**STOP!**

IF YOU ARE ON THE PHONE RIGHT NOW  
WITH SOMEONE WHO IS CLAIMING TO BE  
WITH LAW ENFORCEMENT,  
HANG UP THE PHONE!

**DON'T FALL FOR THIS  
SCAM!**

NO ONE FROM A SHERIFF'S OFFICE OR  
LOCAL POLICE WILL CALL YOU DEMANDING  
MONEY OR THREATENING ARREST FOR  
"MISSED JURY DUTY" OR  
"OUTSTANDING WARRANTS."

**DON'T FALL FOR THIS  
SCAM!**

**STOP**

**SCAM  
CALLS  
ALERT!**

**SLOW DOWN  
THINK  
OUTSMART  
PUT THE PHONE DOWN**

**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**