

HOLBROOK COUNCIL ON AGING NEWSLETTER



**FEBRUARY
2026**

HOURS

MONDAY – THURSDAY:

9:00AM-3:00PM

FRIDAY & SATURDAY:

SPECIAL EVENTS

9 JEWEL ROAD, HOLBROOK, MA 02343

781-767-4617

COA@holbrookmassachusetts.us

www.holbrookma.gov/266/council-on-aging



MESSAGE FROM OUR COA DIRECTOR

February may be the shortest month, but it's packed with heart and full of opportunities to connect, care, and feel the warmth of community. From heart-healthy habits to heartfelt laughs, this is a time to nourish both body and spirit. We're embracing winter with energy and creativity, staying active, inspired, and engaged through it all. This month brings chances to learn, laugh, move, create, and gather together. There's something for everyone and even a few sweet surprises along the way.

Though January arrived with frosty mornings and cold nights, the COA filled each day with warmth, connection, and purpose. We welcomed 2026 with renewed energy, diving into classes like Balance and Exercise with Neil, Gentle Yoga with Susan, and Tai Chi with Lisa, each one helping us move into the new year with strength and focus. Our shopping trip to Braintree brought adventure, good company, and plenty of finds at Homesense, T.J. Maxx, and HomeGoods. The Hearing Health Clinic offered valuable insight and support for those looking to take charge of their hearing wellness. We played, learned, and laughed with Game Show Fun with Kevin, and wrapped up the month with informative and engaging conversations during Coffee with a Cop.

February is full of fresh energy and enriching programs to keep us learning, laughing, and coming together. We're excited to welcome Robert Rivest for the first of his three-part series *Laughter is the Best Medicine*—an uplifting and interactive show filled with mime, humor, improvisation, and practical tips for living with more joy and ease. Don't miss it, as the series continues with *The Art of Joyful Living* in March and *How to be Happy in Difficult Times* in April. We're also launching a brand-new weekly Audiobook Club in our cozy member space, perfect for winter listening and lively discussion. This month brings plenty to savor, too, with a delicious BBQ Chicken Lunch provided by R&S Jamaican Restaurant, as well as a tasty \$8 lunch special from Golden Pacific, and a cheerful Girl Scout Cookie Tasting. Don't miss our lunch outing to Blue Hills Vocational High School or our next Birthday Bash—February may be short, but it's packed with reasons to smile.

Whether you join us for a good laugh, a great lunch, or a new experience, we're so glad to have you with us. February may be short, but it shows just how much connection, joy, and care can fit into a single month. Thank you for being part of it. Let's keep the momentum going as we head toward spring.

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
Maria Malinowski – Kitchen

Cathleen McCarthy—*SHINE Volunteer*
Claire Crowell—*Master Reiki 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

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

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—Fri
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)

****February 18TH 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

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.

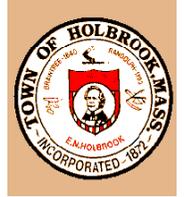
SOUTH SHORE ELDER SERVICES NUTRITION DEPARTMENT

350 Granite Street, Suite 2303,
Braintree, MA 02184
781-848-3910 or sselder.org

FAX LINE: 781-843-8279
TDD LINE: 781-356-1992
HAITIAN INFORMATION LINE: 781-930-0303

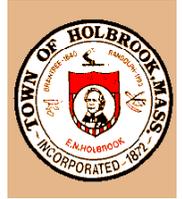


HOLBROOK COA Holiday Party





HOLBROOK COA Holiday Party



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
(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, February 25th, 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
(2ND Floor)





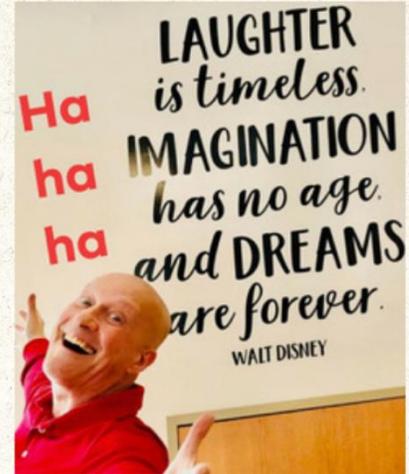
Robert Rivest

Wellness, Laughter & Stress Relief



- **Thursday, February 5th 11-12pm**
'Laughter is the Best Medicine'
- **Thursday, March 5th 11-12pm**
'The Art of Living Joyfully'
- **Thursday, April 2nd 11-12pm**
'How to be Happy in Difficult Times'

Join us at the Holbrook Council on Aging to live a healthier, happier, and more joyful life!



R&S JAMAICAN RESTAURANT
IS PROVIDING A BBQ CHICKEN LUNCH
AT THE HOLBROOK COA!



WEDNESDAY, FEBRUARY 11, 2026
@ 12:30PM



Golden Pacific
at Holbrook COA - 9 Jewel Rd.

Chinese Food Box Lunch

Wednesday, February 18th at 12:30 pm

COST: \$8.00

MUST PRE-ORDER AT COA BY
10:00 AM ON FEB. 18th
CALL 781-767-4617

CHOOSE RICE:

Pork Fried Rice or White Rice

CHOOSE 2 APPETIZERS:

Chicken Fingers

Beef Teriyaki

Egg Roll

Chicken Wings

Boneless Spareribs

Crab Rangoon

Spring Roll



Valentine's Craft

**MONDAY, FEBRUARY 2ND
12:00PM**

Join us at the
Holbrook Council on Aging
for an afternoon of
crafting!

BINGO

**AT THE HOLBROOK COA
EVERY TUESDAY
@ 12:30PM**

AUDIO BOOK CLUB

FIRST BOOK:
"SHORT STORIES BY AGATHA CHRISTIE"

AT THE HOLBROOK COA
A NEW GENRE EVERY MONTH!
STARTING FEBRUARY 3RD!
EVERY TUESDAY 12:00-2:00PM

LISTEN & DISCUSS IN OUR COZY
MEMBER SPACE!

CHAIR VOLLEYBALL
AT THE HOLBROOK COA

**THURSDAYS:
FEBRUARY 12TH @ 10:30 AM
FEBRUARY 26TH @ 10:30 AM**

No Skill Required, Come Join The Fun!!

**Stanney's
RESTAURANT**

FRIDAY, FEBRUARY 13TH 10AM-12PM

50% OFF COA MEMBERS

CALL FOR A RIDE 781-767-4617

GIRL SCOUT COOKIES

**GIRL SCOUT COOKIE TASTING &
COFFEE AT THE COA!**

**FRIDAY, FEBRUARY 20TH
10AM-12PM**

JOIN LOCAL HOLBROOK GIRL SCOUTS
AS THEY SHARE ALL THE BEST COOKIE
FLAVORS WITH US!

girl scouts I ♥ Girl Scout Cookies

**DRUMMING
CIRCLE**

FEBRUARY 23RD 2026
11:00-12:00

JOIN US!

**BIRTHDAY
BASH**

**Monday, February 23rd
at 12:30pm**

**COFFEE
WITH A COP**

CONNECT WITH OFFICERS!

**Friday, February 27th, 2026
10:00-11:00 AM
AT THE COUNCIL ON AGING**

Enjoy coffee and conversation with local police!



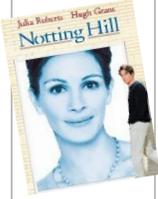
FEBRUARY 2026



“SIGN-UP” for Activities/Events

HOLBROOK COUNCIL ON AGING

781-767-4617

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	2 9:30 Exercise 10:30-ROCK PAINTING 12:00 VALENTINE CRAFT	3 9:30 Exercise 10:15-11:30 GENTLE YOGA w/SUSAN 12:00-2:00 AUDIO BOOK CLUB 12:30 BINGO (\$5 FOR TWO CARDS)	4 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)	5 9:30 Exercise 11:00-12:00 LAUGHTER IS THE BEST MEDICINE 12:30 PANCAKE & NUTELLA SOCIAL 1:00-2:00 REIKI (\$5 Donation)	6 11:00 Blue Hills Culinary Lunch Sign-up required (Private Pay)	7 Elaine Ruff's 100 th Birthday! 
8 	9 9:30 Exercise 10:00 JOIN US FOR A COA VISION CHAT! 12:30-2:30 LUNCH & MOVIE "NOTTING HILL"	10 9:30 Exercise 10:15-11:30 GENTLE YOGA w/SUSAN 12:00-2:00 AUDIO BOOK CLUB 12:30 BINGO (\$5 FOR TWO CARDS)	11 9:30 Exercise 10:00-11:00 TAI CHI w/LISA 11:30 UNDERSTANDING VASCULAR DISEASE 12:30 BBQ CHICKEN LUNCH – PROVIDED BY R&S JAMAICAN RESTAURANT 3:00 COA BOARD MTG	12 9:30 Exercise 10:30-11:30 CHAIR VOLLEYBALL 12:30 GIVING HEARTS SOCIAL 1:00-2:30 BLOOD PRESSURE	13 10:00-12:00 STANNEY'S 50% OFF COA MEMBER DISCOUNT BREAKFAST Sign-up required (Private Pay)	14 10:15-11:00 St. Joseph's Food Pantry (Those with transportation)
15	16 CLOSED Presidents Day	17 9:30 Exercise 10:00 & 11:15 FOOD PANTRY 10:15-11:30 GENTLE YOGA w/SUSAN 12:00-2:00 AUDIO BOOK CLUB 12:30 MADI GRAS BINGO (\$5 FOR TWO CARDS)	18 9:30 Exercise 10:00-11:00 TAI CHI w/LISA 12:00 Ocean State 12:30 Golden Pacific Boxed Lunch at the COA (Private Pay \$8.00/Person)	19 9:30 Exercise 11:00-12:00 TRIAD 12:30 MINT CHOCOLATE SOCIAL 1:00-2:00 REIKI (\$5 Donation) 6:00 COOK THE BOOK (Everyone cooks/bakes items from the same cookbook & shares!)	20 10:00-12:00 Girl Scout Cookie Tasting & Coffee 	21
22 	23 9:30 Exercise 11:00 DRUMMING CIRCLE 12:30-2:00 "FEBRUARY" BIRTHDAY BASH	24 9:30 Exercise 10:15-11:30 GENTLE YOGA w/SUSAN 12:00-2:00 AUDIO BOOK CLUB 12:30 TORTILLA CHIPS & SALSA BINGO (\$5 FOR TWO CARDS)	25 9:30 Exercise 10:00-11:00 TAI CHI w/LISA 10:00-11:00 VETERANS AGENT (BREAKFAST & COFFEE) 12:00 DIAMOND ART	26 9:30 Exercise 10:00-12:00 CHAIR VOLLEYBALL 12:30 CHILI SOCIAL 1:00-2:30 BLOOD PRESSURE	27 10:00-11:00 COFFEE WITH A COP	28
MARCH	2 9:30 Exercise 10:30-ROCK PAINTING	3 9:30 Exercise 10:15-11:30 GENTLE YOGA w/SUSAN 12:00-2:00 AUDIO BOOK CLUB 12:30 BINGO (\$5 FOR TWO CARDS)	4 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)	5 9:30 Exercise 11:00-12:00 THE ART OF LIVING JOYFULLY 12:30 SOCIAL 1:00-2:00 REIKI (\$5 Donation)	6 10:30 Fuller Craft Museum Guided Tour & Lunch at Chateau	7

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

- 2— Exercise 9:30, Rock Painting 10:30, Valentine Craft 12:00
- 3— Exercise 9:30, Gentle YOGA w/Susan 10:15-11:30, Audio Book Club 12:00-2:00, BINGO 12:30
- 4— 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
- 5— Exercise 9:30, Laughter is the Best Medicine Presentation 11:00-12:00, Social 12:30, Reiki 1:00-2:00 (**\$5 Donation**)
- 6—Blue Hills Culinary Luncheon (**Private Pay \$18/person**) 11:00
- 9— Exercise 9:30, COA Vision Chat 10:00, Lunch & Movie “Notting Hill” 12:30-2:30
- 10— Exercise 9:30, Gentle YOGA w/Susan 10:15-11:30, Audio Book Club 12:00-2:00, BINGO 12:30
- 11— Exercise 9:30, TAI CHI w/Lisa 10:00-11:00, Understanding Vascular Disease Presentation 11:30, BBQ Lunch at the COA Provided by R&S Jamaican Restaurant 12:30, COA Board Meeting 3:00
- 12—Exercise 9:30, Chair Volleyball 10:30-11:30, Social 12:30, Blood Pressure 1:00-2:30
- 13— **STANNEYS’S 50% OFF** Senior Breakfast (**Private Pay**) 10:00-12:00
- 16— CLOSED for Presidents Day
- 17— Exercise 9:30, Food Pantry (Those without Transportation) 10:00 & 11:15, Gentle YOGA w/Susan 10:15-11:30, Audio Book Club 12:00-2:00, BINGO 12:30
- 18— Exercise 9:30, TAI CHI w/Lisa 10:00-11:00, Diamond Art 11:30, Ocean State 12:00, Golden Pacific Boxed Lunch at COA 12:30 (**Private Pay \$8/person**)
- 19— Exercise 9:30, TRIAD 11:00-12:00, Social 12:30, Reiki 1:00-2:00 (**\$5 Donation**), Cook The Book 6:00
- 20—Girl Scout Cookie Tasting & Coffee 10:00-12:00
- 23— Exercise 9:30, Drumming Circle 11:00, “**FEBRUARY**” Birthday Bash 12:30
- 24— Exercise 9:30, Gentle YOGA w/Susan 10:15-11:30, Audio Book Club 12:00-2:00, BINGO 12:30
- 25— Exercise 9:30, TAI CHI w/Lisa 10:00-11:00, Veteran’s Agent Breakfast & Coffee 10:00-11:00, Diamond Art 12:00
- 26— Exercise 9:30, Chair Volleyball 10:30, Social 12:30, Blood Pressure 1:00-2:30
- 27—COFFEE WITH A COP 10:00-11:00

**AVON COA* - Caregiver Support Group – 2nd Friday of the month: 11:00am-12:00pm*

AVON COA* - Memory Café – Last Wednesday of the Month (For Caregivers along with their individuals who are experiencing memory loss): 11:30am-1:30pm **Call the Avon COA for more information 508-559-0060*

BLOOD PRESSURE CLINIC

Screening is FREE and Early Detection Helps
Prevent Major Illness Later.
Come Join Us!

WHEN: 2ND & 4TH THURSDAY OF EVERY MONTH

TIME: 1:00-2:30PM

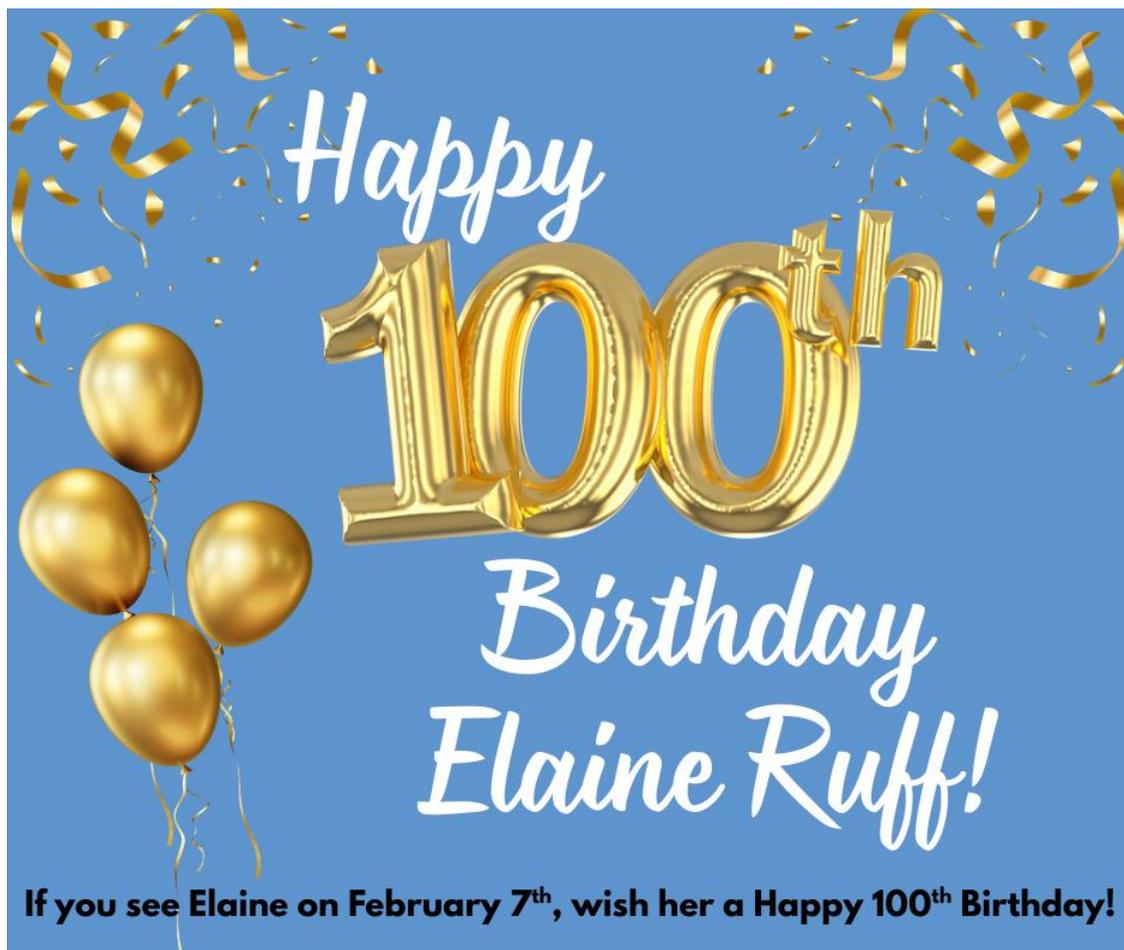
WHERE: HOLBROOK COUNCIL ON AGING
9 JEWEL ROAD HOLBROOK, MA 02343



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 cancelled.





**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



**The Holbrook
Public Library**



Books by Mail Program

The Holbrook Public Library now offers delivery (via USPS) of library materials for patrons who are home-bound due to illness, disability, or transportation challenges.

To learn more or to register yourself or a loved one, call us at (781) 767-3644 or email booksbymail@holbrook.ocln.org

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.



Join us at the Holbrook Council on Aging for an educational presentation on *Understanding Vascular Disease*! Van ride available, call the COA to register 781-767-4617

COMMUNITY EDUCATIONAL PROGRAM

UNDERSTANDING VASCULAR DISEASE

Stratton Danes, MD

Learning Benefit :

- Understand your risk factors.
- Learn what symptoms to watch for.
- Know when to seek treatment.
- Gain valuable information regarding the many advanced treatment options available.

Where:

Holbrook Council on Aging
9 Jewel Road, Holbrook, MA

When:

Wednesday, February 11, 2026
11:30 AM



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.



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 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](tel: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 1st – April 30th.



UPCOMING OUTINGS FOR THE HOLBROOK COUNCIL ON AGING
TICKETS ARE LIMITED, CALL TO REGISTER!

FREE

Fuller Craft Museum

GUIDED TOUR
FRIDAY, MARCH 6TH 2026
10:30-11:30AM

Fuller Craft Museum



Lunch at Chateau to follow!
(Private pay for lunch only)

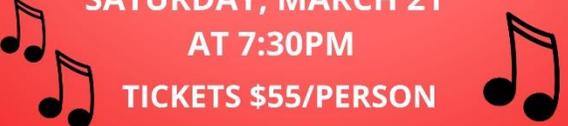


NEIL DIAMOND TRIBUTE



MAR 21 2026

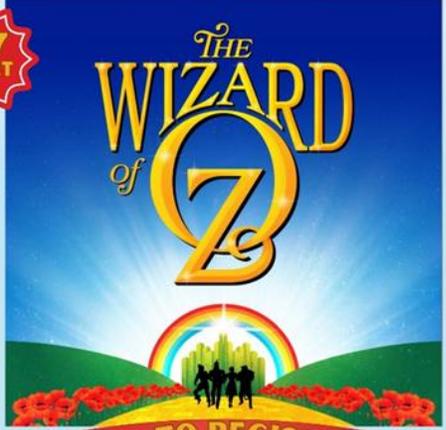
SATURDAY, MARCH 21ST
AT 7:30PM
TICKETS \$55/PERSON
NORWOOD THEATRE



THE COMPANY THEATRE

FRIDAY, APRIL 17TH AT 7:30PM
THE COMPANY THEATRE IN NORWELL

\$37 TICKET



CALL TO REGISTER!
781-767-4617

Which Performance Should We Attend in May?



7:30 PM SAT MAY 09 2026

The Beatles VS The Bee Gees



7:30 PM FRI & SAT MAY 15 AND 16 2026

Call into the COA and let us know!
781-767-4617

HOLBROOK COUNCIL ON AGING
9 JEWEL ROAD
HOLBROOK, MA 02343
781-767-4617
OPEN: MON-THURS 9AM-3PM
FRI & SAT FOR SPECIAL EVENTS

Medical Equipment

The Holbrook Council On Aging has a limited supply of medical equipment including walkers, canes, wheelchairs, 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

