

HOLBROOK COUNCIL ON AGING NEWSLETTER



**MARCH
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

March is a month of transition—where winter's grip begins to loosen, daylight stretches a bit longer, and the first signs of spring stir something hopeful in all of us. With the promise of warmer days just around the corner, we find ourselves balancing between reflection and renewal. It's a season for shaking off the chill, stepping into the light, and connecting with what inspires us, whether through laughter, learning, civic conversation, or simple joy.

February may be short, but it delivered a full month of joy, learning, and connection. Robert Rivest brought the laughter with the first in his three-part series, *Laughter is the Best Medicine*, a delightful mix of mime, improvisation, and uplifting moments that left the room smiling. We are already looking forward to *The Art of Living Joyfully* in March and *How to Be Happy in Difficult Times* in April. We explored wellness with a helpful session on vascular health and got festive with Mardi Gras Bingo, complete with beads and big laughs. From exchanging valentines at the Giving Hearts Social to sampling sweet treats at our Girl Scout Cookie Tasting, February was full of heart. We gathered for great food, good company, and another memorable Birthday Bash, proof that even the shortest month can leave a lasting impression.

One of the highlights of the month was our first COA Vision Chat, held on February 9. This relaxed, open conversation invited everyone to share what's working, what could be better, and what they'd love to see at the Holbrook COA. We received fantastic ideas and thoughtful feedback that are already helping guide future plans. These chats also offer a space to voice concerns and ask questions—we're here to listen and respond. Because community voices matter, we'll be holding Vision Chats monthly moving forward. Please join us for the next one on Wednesday, March 18 at 10:00 AM.

March at the COA is blooming with civic energy, creativity, and joyful connection. Congressman Stephen F. Lynch will join us for an informal Coffee Hour at the COA, where he'll speak with seniors about vital federal programs like Medicare, Medicaid, and Social Security and how they may be impacted by recent budget legislation. Senator John Keenan has long been a steadfast advocate for Councils on Aging across the Commonwealth, and his continued engagement with Holbrook's seniors is deeply appreciated. We're grateful to welcome his office back again this March, offering a chance for residents to ask questions, share feedback, and connect directly with a legislator who truly listens and takes action. *Meet the Candidates* gives you the chance to hear directly from neighbors running for local boards and offices. We will also host *Democracy Renovation: On the Ballot*, a timely program that invites discussion about the future of democracy in our communities. On St. Patrick's Day, we'll gather for lunch and music with the ever-popular Tim Van Egmond, sure to lift hearts and voices alike. Our Crochet Group returns, bringing a warm welcome and a place to create together. And yes, R&S Jamaican Restaurant and Golden Pacific will return with delicious lunches. Whether you come to learn, listen, laugh, or lead, this month offers something for every voice in our community.

We are thrilled to welcome Nora Tarbi as our new Activities Coordinator, bringing fresh energy, ideas, and heart to our programs. As we move through March, may we continue to find meaning in our connections and inspiration in the everyday. From lively conversations to quiet moments of creativity, each gathering at the COA reminds us that community is what carries us through the seasons, through the changes, and into what is next. Spring is on its way, and with it comes fresh possibilities. We are so glad to be on this journey with you.

Holly

MEET THE COA STAFF

Holly Rose—Director
Amy Mills—Coordinator
Nora Tarbi —Activities Coordinator
Margaret Feeley—Principal Clerk
Denise West—Principal Clerk & Outreach
Katherine Fabian—Alternate Principal Clerk
Maria Malinowski – Kitchen

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

VAN DRIVERS

Tom Donovan - Paul Callinan - Rick Evans
OPEN – 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
Debbie Hunter
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

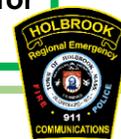
St. Joseph's Church on the second
Saturday of each month from 10:15-
11:00am (for those with transportation)

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.



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



Senior Discounts:

Sara's Pizza Palace
424 North Franklin St. (Holbrook)
10% 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

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)

****MARCH 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

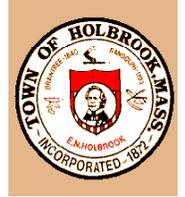
350 Granite Street, Suite 2303,
Braintree, MA 02184
781-848-3910 or sselder.org

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



HOLBROOK COA

Senior Happenings



BALANCE & EXERCISE CLASS



GAME SHOW FUN



COFFEE WITH A COP



**ROBERT RIVEST
LAUGHTER IS THE BEST MEDICINE**



BLUE HILLS CULINARY SCHOOL



LUCKY'S 777



TAI CHI WITH LISA

REMEMBERING DWIGHT NEVINS

Dwight Nevins, a beloved van driver for the Holbrook Council on Aging, passed away on February 2nd, 2026. He will be remembered as a truly special soul whose presence brought warmth, laughter, and kindness to everyone he met. Dwight was far more than someone who provided transportation—he was a friend, a bright spot in the day, and a familiar face who made every ride feel welcoming. His incredible sense of humor, colorful style of dress, and free-spirited, hippy heart made him unforgettable to the many COA members who rode his van and came to know him so well.

Dwight had a generous spirit and a heart for helping others. He was known for quietly paying for lunches for COA members and lending a hand with handyman jobs here and there for those in need, never looking for recognition—only wanting to help. He was always pleasant, patient, and genuinely caring, treating everyone with respect and compassion. Well known throughout town, Dwight also gave his time faithfully at Brookville Bible Church, where his kindness and willingness to serve touched many lives.

Dwight had a deep love for motorcycles and could often be found sharing stories of his many travels, each one told with enthusiasm, humor, and that unmistakable sparkle in his eye. His stories brought joy, laughter, and a sense of adventure to everyone lucky enough to hear them.

Above all else, Dwight was a devoted family man. He adored his wife, children and grandchildren beyond measure and loved traveling with his family, creating memories that will be treasured forever. His love for them shone through in everything he did.

Dwight will be greatly missed by the Holbrook Council on Aging community and by the many people whose lives were made brighter simply by knowing him.



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, March 25th, 2026

10:00-11:00am



YAZ'S TABLE

VETERANS BRUNCH

Our Way of Saying Thank You

Veterans Only
Last Tuesday of Every Month

— \$10 Brunch Includes —
Coffee • Donut • Choice of Entrée

Thank you for your service 

Yaz's Table

Valid with military ID • Dine-in only

Yaz's Table
1209 Bedford Street, Abington MA 02351



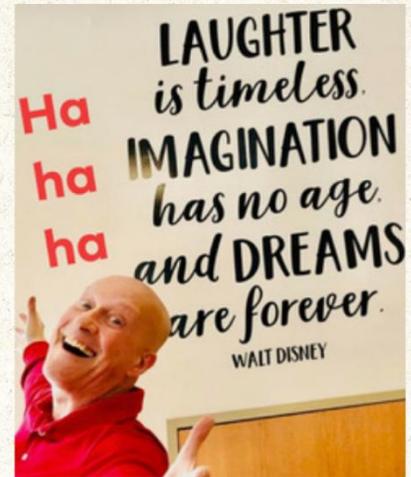
Robert Rivest

Wellness, Laughter & Stress Relief



- **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
BBQ CHICKEN LUNCH AT THE HOLBROOK COA
COST \$8.00/PERSON



WEDNESDAY, MARCH 11, 2026
@ 12:30PM



Golden Pacific
at Holbrook COA - 9 Jewel Rd.

Chinese Food Box Lunch

Wednesday, March 18th at 12:30 pm

COST: \$8.00

MUST PRE-ORDER AT COA BY
10:00 AM ON **MAR. 16th**
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



Rummy & Scrabble

Monday, March 2nd

1:00 PM

Join us at the COA for an afternoon of games!

S, B, A, O, K

AUDIO BOOK CLUB

AT THE HOLBROOK COA

A NEW GENRE EVERY MONTH!

EVERY TUESDAY
12:00-2:00PM

LISTEN & DISCUSS IN OUR COZY MEMBER SPACE!

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)

The QUINCY MEMORIALS GROUP

JOIN US FOR COFFEE HOUR AND AN INSIGHTFUL SEMINAR ON MEMORIAL PLANNING

THURSDAY, MARCH 12TH
11:00 - 12:00PM

*A Quincy Memorial is your Guarantee of a Quality Memorial
Timeless Art Memorialized in Stone*

STOUGHTON SHOPPING TRIP

FRIDAY, MARCH 13TH
9:30AM-12:30PM

ENJOY SHOPPING AT RK PLAZA IN STOUGHTON:
TJ MAXX, DSW, MICHAELS, ULTA, FIVE BELOW, DOLLAR TREE, PANERA BREAD

“Enchanted Tunes & A Magic Wish”
SONGS & STORIES FOR ST. PATRICK’S DAY

With Folksinger & Storyteller
TIM VAN EGMOND

Tuesday March 17, Noon

Holbrook Senior Center
Sponsored by the Holbrook Council On Aging

MC Mass Cultural Council

This program is supported in part by a grant from the Holbrook Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

Crochet with Chrissy

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

Wednesday, MARCH 25TH 1pm-2pm

COFFEE WITH A COP

CONNECT WITH OFFICERS!

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

Enjoy coffee and conversation with local police!

BIRTHDAY BASH

Monday, March 30th
at 12:30pm



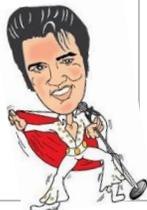
MARCH 2026



“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 12:30 SOUP MONDAY 1:00 GAME DAY: RUMMY & SCRABBLE	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 & Chataeu Lunch to follow Sign-up required (Private Pay For Lunch only)	7
8 	9 9:30 Exercise 11:00 CONGRESSMAN STEPHEN LYNCH OFFICE HOUR 12:30 SOUP MONDAY 1:00 DIAMOND ART	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 DEMOCRACY RENOVATION "On the Ballot" PRESENTATION 12:30 BBQ CHICKEN LUNCH FROM R&S JAMAICAN RESTAURANT \$8.00 3:00 COA BOARD MTG	12 9:30 Exercise 11:00-12:00 QUINCY MEMORIALS COFFEE HOUR/EDUCATION SEMINAR 12:30 SOCIAL 1:00-2:30 BLOOD PRESSURE	13 9:30-12:30 Michaels, TJ Maxx, DSW, Five Below, Ulta Shopping Trip in Stoughton (NO STANNEY'S BREAKFAST)	14 10:15-11:00 St. Joseph's Food Pantry (Those with transportation)
15 	16 9:30 Exercise 10:00 & 11:15 FOOD PANTRY 10:30 CHAIR VOLLEYBALL 12:00 "SUPERHERO SOUP" MONDAY 1:00-2:30 SENATOR KEENAN OFFICE HOUR	17 9:30 Exercise 10:15-11:30 GENTLE YOGA w/SUSAN 12:00-2:00 AUDIO BOOK CLUB 12:00 St. Patrick's Day Celebration w/ Tim Van Egmond *NO BINGO*	18 9:30 Exercise 10:30 JOIN US FOR A COA VISION CHAT 12:00 Ocean State 12:30 GOLDEN PACIFIC BOXED LUNCH AT THE COA (Private Pay) \$8.00/Person *NO TAI CHI*	19 9:30 Exercise 11:00-12:00 TRIAD 12:30 SOCIAL 1:00-2:00 REIKI (\$5 Donation) 6:00 COOK THE BOOK (Everyone cooks/bakes items from the same cookbook & shares!)	20 CLOSED 	21 Sweet Caroline Tour Neil Diamond Tribute Norwood Theatre 7:30pm
22	23 9:30 Exercise 10:30 MEET THE CANDIDATES FOR THE UPCOMING TOWN ELECTION 12:30-2:30 SOUP & SANDWICH LUNCH & MOVIE "THE LAST LAUGH"	24 9:30 Exercise 8:30 WALKING CLUB 10:15-11:30 GENTLE YOGA w/SUSAN 12:00-2:00 AUDIO BOOK CLUB 12:30 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) 1:00 CROCHET W/CHRISSEY	26 9:30 Exercise 10:00-12:00 AT HOME HEARING HEALTHCARE AT COA SIGN-UP REQUIRED 12:30 SOCIAL 1:00-2:30 BLOOD PRESSURE 5:00 MEET THE CANDIDATES FOR THE UPCOMING ELECTION	27 10:00-11:00 COFFEE WITH A COP	28
	30 9:30 Exercise 11:00 DRUMMING CIRCLE 12:30-2:30 "MARCH" BIRTHDAY BASH & CARICATURE ARTIST	31 9:30 Exercise 8:30 WALKING CLUB 10:15-11:30 GENTLE YOGA w/SUSAN 12:00-2:00 AUDIO BOOK CLUB 12:30 BINGO (\$5 FOR TWO CARDS)	APR 1 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)	APR 2 9:30 Exercise 11:00-12:00 HOW TO BE HAPPY IN DIFFICULT TIMES 12:30 SOCIAL 1:00-2:00 REIKI (\$5 Donation)	APR 3 9:30 FIRST LIGHT TAUNTON CASINO TRIP	APR 4 

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

- 2— Exercise 9:30, Rock Painting 10:30, Soup Monday 12:30, Rummy & Scrabble 1:00
- 3— Exercise 9:30, Gentle YOGA w/Susan 10:15, 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, The Art of Living Joyfully 11:00-12:00, Social 12:30, Reiki 1:00-2:00 (\$5 Donation)
- 6— Fuller Craft Museum Guided Tour & Chataeu Lunch to follow (Private Pay for Lunch only) 10:30
- 9— Exercise 9:30, Congressman Stephen Lynch Office Hour 11:00, Soup Monday 12:30, Diamond Art 1:00
- 10— Exercise 9:30, Gentle YOGA w/Susan 10:15, Audio Book Club 12:00-2:00, BINGO 12:30
- 11— Exercise 9:30, TAI CHI w/Lisa 10:00-11:00, Democracy Renovation "On the Ballot" Presentation 11:30, BBQ Lunch at the COA from R&S Jamaican Restaurant (Private Pay \$8/person) 12:30, COA Board Meeting 3:00
- 12— Exercise 9:30, Quincy Memorials Coffee Hour and Education Seminar 11:00, Social 12:30, Blood Pressure 1:00-2:30
- 13— Shopping Trip in Stoughton 9:30-12:30 *(No Stanney's Discount Breakfast)
- 16— Exercise 9:30, Food Pantry (Those without Transportation) 10:00 & 11:15, Chair Volleyball 10:30, Superhero Soup Monday 12:00, Senator Keenan Office Hour 1:00-2:30
- 17— Exercise 9:30, Gentle YOGA w/Susan 10:15, Audio Book Club 12:00-2:00, St. Patrick's Day Celebration with music from Tim Van Egmond 12:00 *(No Bingo)
- 18— Exercise 9:30, Join us for a COA Vision Chat 10:00, Ocean State 12:00, Golden Pacific Boxed Lunch at COA (Private Pay \$8/person) 12:30 *(No Tai Chi)
- 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— CLOSED
- 21— Sweet Caroline Tour Neil Diamond Tribute at Norwood Theatre 7:30
- 23— Exercise 9:30, Meet the Candidates for the Upcoming Town Election 10:30, Soup & Sandwich Lunch & Movie "The Last Laugh" 12:30
- 24— Walking Club 8:30, Exercise 9:30, Gentle YOGA w/Susan 10:15, 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, Crochet w/ Chrissy 1:00
- 26— Exercise 9:30, At Home Hearing Healthcare at COA 10:00-12:00, Social 12:30, Blood Pressure 1:00-2:30, Meet the Candidates for the Upcoming Election 5:00
- 27— COFFEE WITH A COP 10:00-11:00
- 30— Drumming Circle 11:00, "MARCH" Birthday Bash & Caricature Artist 12:30-2:30
- 30— Walking Club 8:30, Exercise 9:30, Gentle YOGA w/Susan 10:15, Audio Book Club 12:00-2:00, BINGO 12:30

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



MEDICAL EQUIPMENT

The Holbrook COA 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 with any items you would like to donate, and to check availability.

We will not take items unless previously notified.

Donations are accepted
during the following hours:

Monday-Thursday 9:00am-3:00pm



COA RECIPE CORNER

We're excited to feature **COA Member Recipes** in our newsletter starting this month! This is a fun way to share favorite dishes, celebrate our community, and inspire one another in the kitchen.

If you have a *sure-to-please* recipe you'd like to share, we'd love to hear from you, please email **Amy Mills** at the COA at amills@holbrookmassachusetts.us Each month, we'll pick one recipe and feature it in the newsletter!

This month's recipe is provided by COA member, Jean Murphy!

Ingredients:

- 1 LB. GROUND TURKEY
- 1 ONION, DICED
- 2 TBS, OLIVE OIL
- 1 PACKET REDUCED-SODIUM TACO SEASONING
- 2 (15OZ.) CAN BEANS, ANY VARIETY
- 1 (15OZ.) CAN CORN, DRAINED
- 2 (10OZ.) CANS ROTEL, ANY VARIETY
- 16OZ. CHICKEN BROTH

Recipe:

In soup pot, brown ground turkey with onion and oil. Stir in seasoning. When fragrant, stir in remaining ingredients. Simmer at least 20 minutes, stirring occasionally. Add optional healthy garnishes like avocado and cilantro.
Serves 8

SUPERHERO SOUP



WALKING CLUB RETURNS!

The Holbrook COA Walking Club is back and ready to hit the trail on Tuesday, March 24th at 8:30 AM! Start your morning with fresh air, light exercise, and great company as you walk with friends in the community. Meet Amy at Sumner Field and enjoy a fun, energizing way to stay active. All walking levels are welcome—just bring your sneakers and a smile! We look forward to seeing you there!



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



**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

ABINGTON KNIGHTS OF
COLUMBUS
Invites you to
THE PAUL DONOVAN

TURKEY DINNER

FOR SENIOR CITIZENS



Sunday March 1st, 2026

ABINGTON KNIGHTS OF COLUMBUS HALL
254 HANCOCK STREET

DOORS OPEN AT 11
DINNER SERVED AT NOON

DJ for Entertainment

ALTERNATE TRANSPORTATION: 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 a senior 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

VOLUNTEER OPPORTUNITIES

The Holbrook Council on Aging is looking for caring and dependable volunteers to support our Senior community. Your time and kindness can make a meaningful difference in someone's day!

Volunteer opportunities include:

- **Helping Serve Lunch** on Thursdays at 12:30 PM
- **Calling Bingo** on Tuesdays at 12:30 PM
- **Providing Outreach and Support** to local Seniors



For more information or to get involved, please contact us at 781-767-4617, or email COA@holbrookmassachusetts.us or stop by in person at the Council on Aging. We look forward to hearing from you!

CIVIC ACTION AT THE COUNCIL ON AGING

CALL THE COA TO REGISTER FOR AN EVENT, OR TO RESERVE A RIDE ON THE VAN
781-767-4617

MAR

09

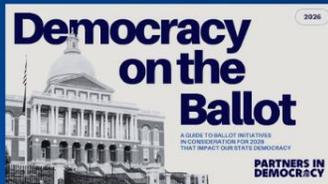


CONGRESSMAN STEPHEN LYNCH

Congressman Stephen Lynch is hosting an office hour at the Holbrook COA on Monday, March 9 at 11:00am. The congressman will speak about vital federal programs like Medicare, Medicaid, and Social Security and how they may be impacted by recent legislation.

MAR

11



DEMOCRACY RENOVATION

John Griffin, from Partners in Democracy, will be presenting "Democracy Renovation: On the Ballot" on March 11 at 11:30am. Enjoy a conversation about the future of democracy in our communities.

MAR

16



SENATOR JOHN KEENAN

Senator John Keenan is hosting an office hour at the Holbrook COA on Monday, March 16 from 1:00-2:30pm. Ask questions, share feedback, and connect directly with your legislator.

MAR

23



MEET THE CANDIDATES

Meet candidates who are running for office and board positions in our upcoming town election on Monday, March 23 at 10:30am.

MAR

26



MEET THE CANDIDATES

Meet candidates who are running for office and board positions in our upcoming town election on Thursday, March 26 at 5:00pm.

The Nominations For Our Upcoming Town Elections:

Town Moderator: James Curran

Town Clerk: Meaghan Walsh Harrington & Pamela B. Solis

Select Board: Patricia Conway, Christopher Eddington & Daniel R. Lee

School Committee: Barbara Davis & Frederick White

Public Library Trustee: Susan M. Murray

Planning Board: Edward S. Bertrand & Eric Helfer

Treasurer: Tiffany Sheehan



The Health Benefits of Letting Go!

"The Quicker & Easier I Let Things Go, The Longer I Get To Live & Flow!" – Robert Rivest

- **Reduces Chronic Stress:** Holding on to grudges, fear, or the need to control situations triggers a "fight-or-flight" response, which causes chronic stress. Letting go lowers cortisol levels, reduces inflammation, and protects against age-related illnesses.
- **Protects Cellular Aging:** Chronic stress shortens telomeres (the protective caps on chromosomes), accelerating aging. By letting go, you reduce this stress, allowing your body to age more gracefully and potentially slowing down your biological clock.
- **Improves Physical Health:** Releasing emotional baggage has been linked to lower blood pressure, improved cholesterol, and a reduced risk of heart attacks.
- **Mental Well-being:** Letting go of the past and future anxieties prevents you from getting stuck in negative thought patterns, increasing joy and emotional peace.



Word Search

R	N	O	I	L	K	C	I	R	T	A	P	T	S	R	C
K	W	N	S	G	N	I	V	A	S	X	S	L	E	M	R
Y	B	U	T	T	E	R	F	L	Y	E	A	W	R	F	O
Q	D	T	K	G	N	R	X	T	N	M	O	T	H	G	C
N	J	N	G	R	E	E	N	E	B	L	H	N	N	D	U
N	O	N	I	N	X	R	L	K	F	N	G	I	A	X	S
B	Y	S	E	W	R	X	P	S	L	P	R	F	H	T	L
M	F	W	A	M	T	E	V	A	D	P	F	K	C	R	X
X	A	T	O	E	D	R	T	B	S	O	K	C	R	E	O
L	I	O	H	T	S	J	A	S	D	M	I	O	A	B	N
H	L	R	Y	K	K	W	N	I	A	K	T	R	M	I	I
B	L	C	I	K	P	H	L	X	N	E	E	M	Y	R	U
D	J	K	H	S	C	T	H	G	I	L	Y	A	D	T	Q
V	Z	D	F	I	H	U	C	M	Q	P	Z	H	V	H	E
P	D	G	W	M	C	H	L	E	N	I	H	S	N	U	S
X	T	U	L	I	P	K	B	H	A	T	C	H	I	N	G

Sudoku

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

- | | | | |
|-----------|----------|---------|-------------|
| BASKET | TULIP | LAMB | RENEWAL |
| BLOOM | EQUINOX | LION | SAVINGS |
| BUTTERFLY | FLOWER | LUCKY | SEASON |
| CHICK | GREEN | MARCH | SHAMROCK |
| CROCUS | HATCHING | NEST | SPRING |
| DAFFODIL | IRISH | RAIN | ST. PATRICK |
| DAYLIGHT | KITE | REBIRTH | SUNSHINE |



*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

DCR LIFETIME PARKING PASS APPLICATION



Massachusetts Department of Conservation & Recreation Senior Parking Pass Application

Massachusetts residents aged 62 or older are eligible for a discounted lifetime parking pass. The pass allows the passholder to free parking for one passenger vehicle, occupied by the passholder (whether driver or passenger). To request a pass, fill out this form and include the required documentation.

1. First Name, Middle, Last Name (Recipient)		2. Age
3. Mailing Address		4. Apt #
5. City	6. State	7. Zip
8. Phone Number		9. Email Address

Payment method (Please check box below)

Include a check or money order in the amount of \$10.00 payable to the "Commonwealth of Massachusetts". *Please do not send cash in the mail.*

Check Money Order

Include the following document(s) with this application to prevent delays.

- Copy of your MA driver's license
OR
 Government issued ID AND a utility bill proving MA residency

Mail application to the following address:

Department of Conservation and Recreation
State Transportation Building
10 Park Plaza, Suite 6620
Boston, MA 02116
Attn: Senior Parking Pass

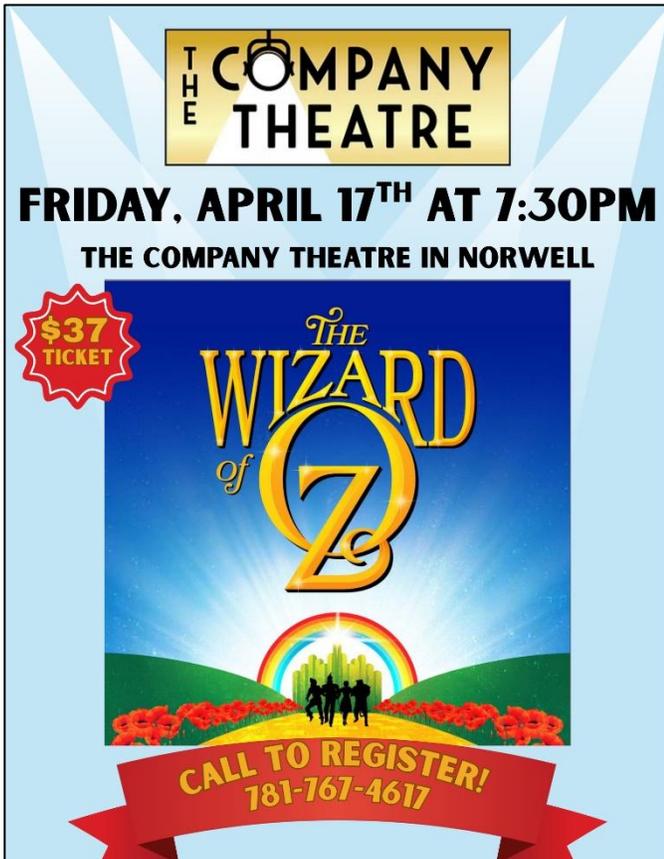
Processing times may vary. It may take up to 3-7 weeks to receive your Senior Parking Pass.

Note: The Parking Pass is not valid for camping or at the following locations – Quabbin Reservoir, Squantum Point, North Point, Draw Seven Commuter lots, and DCR on-street locations that charge hourly rates. Parking passes may be revoked and may result in a citation if owner is not present when used.

The **DCR Lifetime Parking Pass** is available to Massachusetts residents age 62 and older, offering free parking at Department of Conservation and Recreation (DCR) facilities across the state. This lifetime pass allows eligible seniors to park at participating state parks, beaches, forests, and recreational areas managed by the Massachusetts Department of Conservation and Recreation. Once approved, the pass provides convenient access to beautiful outdoor destinations throughout Massachusetts, making it easier for seniors to enjoy nature, walking trails, scenic beaches, and other state-managed recreational sites without paying daily parking fees.

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

UPCOMING EVENTS WITH THE HOLBROOK COA
Call 781-767-4617 to reserve your spot!



THE COMPANY THEATRE

FRIDAY, APRIL 17TH AT 7:30PM

THE COMPANY THEATRE IN NORWELL

\$37 TICKET

THE WIZARD of OZ

**CALL TO REGISTER!
781-767-4617**



THE NORWOOD THEATRE

BEATLES GOLD
THE TRIBUTE

FRIDAY

MAY 15TH AT 7:30

NORWOOD THEATRE

\$25 TICKETS

COA VAN RIDE TO AND FROM SHOW!