

# NEWSLETTER



## MESSAGE FROM CONNIE:

I have good news and bad news.

First, the bad news: The Lake Winnepesaukee trip has been cancelled. We did not have enough people who were able to go.

Now, the good news: We hope to have a fun-filled, exciting summer which will include the monthly movies at the Winthrop Congregational Church, our monthly luncheon at St. John's, the Youth Leadership Academy tour, the 2<sup>nd</sup> Annual Senior Picnic at the Avon Fish and Game, the Office of Elder Affairs' Nantasket luncheon, the Holbrook Rotary Cookout, and the Holbrook Cultural Councils' four Gazebo concerts. Also, the Holbrook Public Library is offering a number of creative activities for adults this summer.

I want to send a special thank you to the Knights of Columbus for kicking off the good-weather season with their annual June dinner. The food and entertainment were so enjoyable, but, mostly, it warms my heart to see people come together and enjoy each other's company. Thank you, Knights of Columbus, for your generosity and your loyal support of the Seniors.

I wish everyone a safe and happy 4<sup>th</sup> of July, and a healthy summer season.

God Bless, Connie

## A Little Humor

A film crew is on location in the Arizona desert. One day an old Indian goes up to the director and says, "Tomorrow rain." The next day it rains. Next day the Indian goes up to the director and says, "Tomorrow storm." The next day there's a hailstorm. The director is impressed and hires the Indian to predict the weather. However, after several successful predictions, the old Indian doesn't show up for two weeks. Finally the director sends for him. "I have to shoot a big scene tomorrow. What will the weather be like?" The Indian shrugs his shoulders and says, "Don't know. Radio is broken."

## 2<sup>nd</sup> Annual Senior Picnic – July 20

The 2<sup>nd</sup> Annual Senior Picnic will be held Wednesday, July 20, at the Avon Fish and Game, 113 Granite St, (off Page St), Avon, from 10:30am to 2:30pm. There are restrooms and parking at the site. A \$5.00 donation is requested. Sign up at the Senior Center. If you need a ride, contact the Senior Center.

Last year, more than 80 people enjoyed hot dogs, hamburgers, music, dancing, fresh air and fellowship.

## Sunday Gazebo Concerts – July & Aug.

The Holbrook Cultural Council has an exciting line-up of free summer concerts planned at the Holbrook Playground Gazebo on South Franklin Street. Bring a lawn chair and enjoy the music in this lovely outdoor setting. In case of rain, the concerts will be moved to the following Sunday. The music starts at 6:00pm.

Sunday July 10 – John Capavella Trio with vocalist

Paul Agnew – swing, Broadway, jazz tunes

Sunday July 24 – Patrick DeStoop & Sons:

favorites from the 50's and 60's

Sunday August 7 – Secret of Sound:

original dynamic music by Holbrook band

Sunday August 21 – Colm O'Brien sings Irish tunes

**Nantasket Luncheon - August 4**



South Shore Elder Services will sponsor their annual Nantasket day trip on Thursday, August 4 at 11:00am. There will be lunch, music, and door prizes for a small donation. Contact the COA for tickets. If you need a ride, call the Senior Center.

**Holbrook Rotary Cookout – August 15**

On Monday, August 15, at 6:30pm, the Holbrook Rotary will hold its annual free Cookout at Holbrook Court. All Holbrook Seniors can get tickets at Holbrook Court and at the Senior Center. **There are a limited number of tickets.** First come, first served.

**Holbrook Public Library News**

It’s time to try something new. This summer the Holbrook Public Library is offering a number of creative activities for adults.

- July 5 to August 5: Read any book of your choice and write a short review.
- July 11 to August 1 at 2:30pm: Makerspace Mondays – Use your imagination and cool new technology to create art.
- July 14 at 6:00pm: Fabulous Fifties Trivia – Prizes will be awarded.
- July 21 at 6:00pm: Game Night for Adults- Traditional board games and video games.
- July 28 at 6:00pm: Faux Stained Glass Painting – Space is limited. Registration is required.

When you participate in any of these activities, you will get a raffle ticket, a chance to win a \$50 gift card on August 8.

As always, the Holbrook Public Library has an afternoon and an evening adult book club which meets once a month at the library to discuss books. The books are free to borrow with your library card.  
 7/7 at 6:30pm: Japan Town by Barry Lancet  
 7/20 at 1:30pm: Dead Wake by Erik Larson  
 8/17 at 1:30pm: All the Light We Cannot See -Doerr

**Local Farmers Markets**

The Holbrook Farmers Market sells plants, honey, vegetables, baked goods, and other items on Saturdays from 9:00am to 2:00pm at the Bowling Lane parking lot, 231 Union St (Rt. 139), Holbrook.

The Braintree Farmers Market is open on Saturdays from 9:00am to 1:00pm. The many vendors are located at Braintree Town Hall Mall, 1 JFK Memorial Drive, Braintree.

The Randolph Farmers Market is open Wednesdays from 3:00pm to 7:00pm. They are located at Powers Farm, 592 North Main Street, Randolph. They have 15 to 18 vendors.

The Brockton Farmers Market has two locations:  
 -Fridays 10:00am-2:00pm at City Hall Plaza, 45 School Street, begins July 6  
 -Saturdays 9:00am-12:00noon at the Brockton Fairgrounds, 600 Belmont St, begins July 9

**Monday Afternoon at the Movies**

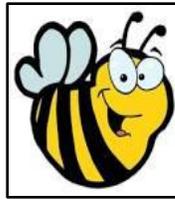
The Holbrook Council on Aging in conjunction with the Winthrop Congregational Church will show the following movies at 11:00am:  
 Monday July 18 - “Wag the Dog” starring Dustin Hoffman and Robert Redford  
 Monday August 22 - Helen Mirren in “The Queen”  
 The films will be shown at the Winthrop Congregational Church, 16 N Franklin St. The entrance is on the Linfield Street side of the church.

**Thank You Exec. Ofc. of Elder Affairs**

A special thanks to the Executive Office of Elder Affairs for the grant monies. The money helps the Senior Center in many ways, including paying for the postage for this newsletter.

**Medical Access Program**

Thanks to a grant from South Shore Elder Services, Seniors can receive transportation to doctors’ visits and medical appointments in Boston and other places outside our local area. Call the Senior Center at 781-767-4617 for more information.



WHAT'S THE BUZZ????

WEEKLY EVENTS:

MONDAYS:

Medical Appointments: 9:00am-1:00pm
Walking Club Sumner Field: 9:00am
Stretching with Emmy: 9:45am-10:30am
Free Panera Bread while supply lasts:
11:00am to 12 noon
Chess, Scrabble, and Games: 1pm

TUESDAYS:

Medical Appointments: 9:00am - 1:00pm
Walking Club Sumner Field: 9:00am
Bingo: 1:00pm

WEDNESDAYS:

Walking Club Sumner Field: 9:00am
Trucchi's: 9:15am
Bank and Post Office
Knitting: 9:30am
Cribbage & Games: 12:00 noon
Blood Pressure Clinic: 1:00pm - 2:00pm

THURSDAYS:

Mall-Walmart: 8:15am
Walking Club Sumner Field: 9:00am
Tea: 1:00pm
Tai Chi: 1:00pm at Holbrook Court

FRIDAYS:

Medical Appointments: 9:00am - 1:00pm
Walking Club Sumner Field: 9:00am

Council on Aging 781-767-4617

Open: Mon to Thurs, 9am to 3pm

Check the Door for the latest news or call the Senior Center.

Connie Orlando, Council on Aging Coordinator
Pauline Smith, Chairperson of COA Trustees
Margaret Feeley, Outreach and Van Driver
Jim Taggart, Van Driver
Terry Fraser, Cook
Mary Kwiatkowski, Newsletter Editor

COA Board Meeting:

The next meeting will be Thursday, July 21 at 10:00am.
The Board will also meet on Thurs, Aug. 18 at 10:00am.
All Holbrook residents are welcome to attend.

TRIAD News:

Sheriff Michael G. Bellotti is proud to announce a new program that will connect seniors and youth this summer.
Thurs., July 14, Holbrook Seniors will visit the Youth Leadership Academy in Braintree and tour the Public Safety Complex. Lunch & transportation to and from the Council on Aging will be provided by the Norfolk County Sheriff's office. The van will leave at 10:15am and return by 1:30pm. Limited space is available. Sign up at the Senior Center. First come, first served.

The Triad will meet on Thursday, August 11 at 10:00am at the Council on Aging. All Holbrook residents are welcome to attend.

Friends of the Holbrook Council on Aging
2016 Membership

Date: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ \$5.00 Friend of the Council on Aging

\_\_\_\_\_ \$10.00 Family Friend

\_\_\_\_\_ \$25.00 Special Friend

Please make checks payable to:

Friends of the Council on Aging

P.O. Box 38

Holbrook, MA 02343

Please cut this out and mail it, or drop it off at the Senior Center. Thank you for your support.

**Van Schedule & Policies:**

Doctor appointments:

**Monday, Tuesday, and Friday ONLY.**

Van hours are **9:00 am - 1:00 pm.**

Please contact the Senior Center **ONE WEEK** in advance to schedule your appointment pick up.

Please remember the bad weather schedule. Ask Margaret or Jim for details. The rule is if Holbrook Schools are closed, then **NO VAN.**

If this happens on your doctor's appointment day, it is **your responsibility** to inform the doctor's office to reschedule your appointment.

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The van is wheelchair accessible. Call the Senior Center if you have any questions or need any more information regarding the van.

## SENIORS on the GO!



**Hooray for Summer!**

Holbrook Council On Aging  
9 Jewel Road  
Holbrook, MA 02343