



Harvard Sentinel

Newsletter of the Hildreth House

Harvard Council on Aging

January 2012

DIRECTOR'S MESSAGE

Welcome to 2012 everyone! With a new year comes new trips, new programs and new services offered by the Council on Aging. We even have a new format for the newsletter! We hope you like it and feel free to give us suggestions on it. Page 3 is a calendar that is perfect to print and put up on the refrigerator so you don't miss an event!

Heads up! The Master Plan Survey goes out in January and hard copies will be available at the Hildreth House.

January 19th the Municipal Buildings Committee is again holding a forum at Volunteers Hall from 7 to 9pm to discuss the upgrades to the Hildreth House and Town Hall. Come see first hand what the plans are.

Debbie

LET'S GO TO THE MOVIES

Monday, January 23, 1:00 PM
Volunteers Hall
"Moneyball"

Based on a true story, Moneyball is a movie for anybody who has ever dreamed of taking on the system. Brad Pitt starts as Billy Beane, the general manager of the Oakland A's who defied conventional wisdom and outsmarts his competition when forced to reinvent his team with bargain players.

A MATTER OF BALANCE

Presented by Nashoba Nursing service, this is an education program that emphasizes practical coping strategies to reduce the risk of falling. Sessions will be offered on **Tuesdays from 1-3** starting on **January 10, 2012**. No fee, so call the COA at 978-456-4120 to sign up.

JANUARY TRIPS

WGBH/MIT

Originally scheduled for November 3rd, but canceled due to the snow storm, this has been rescheduled for **Friday, January 13, 2012**. We will have the same itinerary including a behind-the-scenes tour of WGBH, lunch at The Stockyard Restaurant and a visit to the MIT Museum in Cambridge. Leaving HH at 9:30am we should be back by 4:00pm. Currently this trip is sold out, but we are taking reservations for standby should there be any cancellations. Cost is \$10.00 plus lunch.

STILL RIVER WINERY

Monday, January 23, 2012

Did you know that there is an operating winery right here in Harvard? The Boston Globe Magazine of November 06, 2011 describes a family owned (The Holtzmans) winery producing what the Globe calls, "bliss in a glass". It's not quite cider, not quite apple juice and not quite apple wine. Holtzmans' **Apfel Eis** is sweet and tart without the fire of apple spirits. We'll tour their operation and perhaps sample a bit of the finished product. After that, we'll have lunch at the Devens Grill, completing our tour of local Harvard. Leaving HH at 10:15am and returning by 2:30pm. Cost is \$10.00 plus lunch.



On **January 4, 2012**, the Berklee College jazz ensemble will be performing at the Cronin Auditorium at the Bromfield School. Tickets are \$10. The show begins at 7:00pm. Refreshments provided. This is a fundraiser for the Bromfield Tri-M Music Honors Society.

FEBRUARY TRIPS

Thursday February 2 - BSO Rehearsal, Symphony hall. Boston. Experience a BSO concert-in-the-making by attending this open rehearsal. Watch the orchestra as it refines its performance. Featured selections from Strauss, Dutilleux and Debussy. An on-stage informative talk precedes the rehearsal. Lunch follows at a nearby restaurant. We leave HH at 8:00am and return at 3:00pm. Cost is \$28.00 plus lunch.

Wegman's Supermarket-Northboro

We've been invited to view their new facility for lunch on **Wednesday, February 15, 2012**. It's a market not like any other in the area. Our van will take us from HH to Wegman's and return for \$10.00. Shopping is on your own. We leave at 10:00am and return by 2:00pm.

Isabella Stewart Gardner Museum-Boston

On **Friday, February 24, 2012**; lunch first at Maggiano's Little Italy restaurant where the décor, service, and enormous portions will make you feel you are visiting a real Italian eatery. We will then visit the museum's three floors of galleries filled with paintings, sculptures, tapestries, furniture, and decorative arts and the garden courtyard. Cost of the trip is \$25.00 and we will leave HH at 10:30am and return by 4:00pm.



Boston Flower Show

Plan ahead for spring and flowers as we travel to Boston on **Friday, March 16, 2012** for the annual Boston Flower and Garden Show. Leave behind the gray days of winter and explore the show for tips and ideas on adding the "wow factor" to your garden. We leave at 9:00am and return by 3:00pm. The trip will cost \$30.00. Lunch is extra.

SNOW CANCELLATION POLICY

If the Harvard schools are closed, there will be no activities at the Hildreth House. If the schools are delayed, please call 978-456-4120 to see if there are scheduled activities



HEAT/UTILITY ASSISTANCE

The 2011-2012 heating season is here. Through the New England Farm Worker's Council there is a fuel assistance program that we can help you with, and in addition, for Harvard residents only, we have HEAT (Harvard Energy Assistance Team). If you are concerned about paying for your heating bill, please let us know. Don't be left out in the cold!

PROPERTY TAX WORKOFF

It is time to sign up for the tax work-off program for 2012. The forms are available at the Hildreth House and you can come here to fill them out. Call 978-456-4120 for more information.

THE COA NEEDS YOUR HELP

The **Friends of the Harvard COA** is recruiting new members. This is an exciting and critical time to show your support for Hildreth House by joining the Friends of Harvard COA. The current design state and the future construction of a Hildreth House that better serves our growing senior population is happening now and needs your support! To show your interest you can send them an email to: friendsofhildrethhouse@gmail.com. You can always consider a tax deductible gift payable to "The Friends of the Harvard COA".

WEEKLY SHOPPING TRIPS!

The MART van now does shopping trips to Market Basket in Leominster every Friday! To take advantage of this wonderful service call 978-456-4100 X 317.

January 2012

Sun Mon Tue Wed Thu Fri Sat

1	2 Closed Happy New Year!	3 9 Tai Chi* 10 Skipbo cards 12 Café	4 8 Men's Coffee 9 Aerobics*	5 9 Tai Chi* 12 Lunch 1 Bridge 6pm Tai Chi* 7:45 Men's Bridge	6 9 Stretch Yoga* 9:30 Computer 9:30 Shopping	7
8	9 9 Aerobics*	10 9 Tai Chi* 10 Skipbo cards 12 Café 1-3 Balance	11 8 Men's Coffee 9 Aerobics *	12 9 Tai Chi* 12 Lunch 1 Bridge 6pm Tai Chi* 7:45 Men's Bridge	13 9 Stretch Yoga* 9:30 Computer 9:30 Shopping	14
15	16 Closed MLK Day 4 COA Board ⇒	17 9-1 Podiatry 9 Tai Chi* 10 Skipbo cards 12 Café 1 Wellness 1-3 Balance	18 8 Men's Coffee 9 Aerobics *	19 9 Tai Chi* 12 Lunch 1 Bridge 6pm Tai Chi* 7:45 Men's Bridge	20 9 Stretch Yoga* 9:30 Computer 9:30 Shopping	21
22	23 9 Aerobics* 10-2:30 Still River Winery	24 9 Tai Chi* 10 Skipbo cards 12 Café 1-3 Balance	25 8 Men's Coffee 9 Aerobics*	26 9 Tai Chi* 12 Lunch 1 Bridge 6pm Tai Chi* 7:45 Men's Bridge	27 9 Stretch Yoga* 9:30 Computer 9:30 Shopping	28
29	30 9 Aerobics*	31 9 Tai Chi* 10 Skipbo cards 12 Café 1-3 Balance				

* Monday/Wednesday Aerobics at Congregational Church until April 2012

* Tuesday/Thursday Tai Chi at UU Fellowship Hall

* Friday Stretch & Tone Yoga at Congregational Church

* Programs held at the above locations. All other programs are held at the Hildreth House.

HELP US GO GREEN

We are always looking for ways to reduce mailing costs and conserve paper. If you would be willing to receive your newsletter by email, please call the COA office or email us at dthompson@harvard.ma.us

If you are receiving a **paper newsletter** and would like to **continue** to do so, please let us know! We will be reducing the number of newsletters that we send out over the next few months.

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Mission Statement

The mission of the Council on Aging is to enhance the lives of Harvard residents age 60 and above. The Council identifies and addresses the ongoing social, recreational, educational, vocational, financial, transportation, and therapeutic needs of Harvard's senior population. This is accomplished through program development, advocacy, legislative awareness and involvement, and community linkages.

COUNCIL ON AGING STAFF

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SCHEDULE THE VAN: 978-456-4100 X 317
If you are unable to book the VAN please call 978-456-4120 for assistance.

E-mail: dthompson@harvard.ma.us

COUNCIL ON AGING BOARD OF DIRECTORS

Co-Chairs: Carlene Phillips and Lucy Wallace
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