
August
2023

The Senior Connection

Donna Seguin, Director
Courtenay Rivera, Program and Outreach Asst.
Joyce Hebert, Receptionist

North
Brookfield
Senior
Center
508-867-
0220

Brain Games

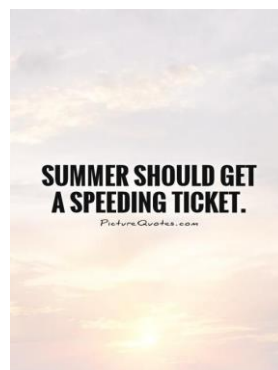
1. *What goes up but never comes down?*
2. *What can you hold in your right hand, but never in your left hand?*

Answers for last month:

1. A priest
2. Ton

Mission Statement

The mission of the Council on Aging (COA) is to provide community resources for Senior Citizens (defined as 60+) by developing and advocating the social, health, and recreational programs that maintain or enhance the quality of their lives.



From the Director

August already, I can't believe where the months have gone. I hope you were all safe following the numerous days of rain, and from the heatwave that we had this summer. Our Senior Center is your home away from home for socializing, participating in activities, or just stopping in for a cup of coffee. World Senior Citizen Day is on August 21st, so I hope we can take some time that day to celebrate. As always, Thank you to all the volunteers who continue to give their time freely to help make our Senior Center a place for our seniors to come and enjoy themselves. In closing, I hope to see you all at the Center soon!

Donna Seguin

Mondays
Zumba Gold with Melanie
Will Resume in the Fall

Tuesdays
Tai Chi with Jen
\$5.00 Per Class
1:00-2:00

Thursdays
Gentle Yoga with Jen
\$5.00 Per Class
1:00-2:00

Friends of the NBCOA

The next monthly meeting of the Friends of the NBCOA will be held August 14, 2023 at 10:30am at the Senior Center. The Friends are responsible for fundraising events for the Senior Center, such as the annual SOUPer Bowl and the Harvest Dinner. New members are always welcome and encouraged.

Friends Board

- Mary Dolan President
- Sandra McGinty V. Pres.
- Judy Zalansky Secretary
- Peg Bodine Treasurer
- Carol Hawkins Director
- Linda Novak Director
- Nancy Karbowski Director
- Patricia Wetherell Director

NBCOA Meeting

The COA will not be meeting during the months of July and August. The next scheduled meeting will be September 11, 2023 at 2pm.

COA Board Members

- Judy Manning Chairperson
- Florine Martel Vice Chair
- Kathleen Crevier Secretary
- Kate Norrie Treasurer
- Dottie Revene Member
- Mary Waytina Member
- Michelle Thayer Member



We are always looking for volunteers here at the Senior Center. If you are interested in volunteering in any way, please contact Donna or Courtenay at 508-867-0220. We are still looking for pitch and cribbage players as well. Please let one of us know if you are interested in either or both.

Wish List

We are in need of....

- Coffee cups
- Regular Drinking Cups-9oz
- Forever Stamps(for mailing our newsletter)

August Book Club

The book selection for August is “Her Hidden Genius” by Marie Benedict. It is a historical novel, about Rosalind Carter who sacrificed her life to discover the nature of DNA and was kept in the shadows by male scientists for their own recognition. Book Club meets the last Wednesday of the month, and books are available at the library. If you have any questions contact Judy Zalansky at jezalansky@comcast.net.

Home Visits

We are now scheduling home visits for those interested. Times are available Tuesdays or Thursdays. If interested, please call Courtenay at 508-867-0220.

Office

Hours for Rep. Berthiaume

Donna Farmer will not be holding office hours this month. She will be back in September.

Local Writer and Artist Presentation

On August 22nd we will have Diane Buzzell and Russ Buzzell here to talk about the book that she wrote and he illustrated called “The Artist, the Farmer, the Hunter, and The Good Guy”. It is the story of the Buzzell Family, and life in our small town of North Brookfield! It’s a great chance to learn about some of the rich history of our town.

Weekly Lunches (Subject to change)

August 2: Breakfast (Kathy P.; Sandy M.)

August 9: Meatloaf, Corn on the Cobb, Potatoes (Kathy C.)

August 16: Pulled Pork Sandwiches, Coleslaw (Ruth S.)

August 23: Chinese \$5.00

August 27: Assorted Quiche

A Friendly Reminder

- When visiting the Senior Center please remember to scan your keycard at the check in desk. If you need assistance ask Joyce or Courtenay.
- Hannaford Bread Distribution is open to North Brookfield and Brookfield residents only. Please, 1 ticket per family.
- Our hours are Monday through Thursday 9am to 2pm.
- If you recently moved PLEASE be sure to update your address with us.
- Be sure to like and follow us on Facebook

Thank You

The veggies are growing and we are once again thankful to the folks over at Wendemuth Meadows for the great produce every week.

Upcoming Events

Labor Day (Closed)	9/5/23
Miracle Ear	9/6/23