
July
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. *Who has married many women but was never married?*
2. *Forward, I am heavy, backward, I am not. What am I?*

****REMINDER****

Due to the holiday on Tuesday July 4th there will be no bread distribution that week.

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

Summer has arrived! It's time for cookouts with our family and friends, and eating lots of fresh vegetables! Let's do our best to enjoy the season. Lots of great things happening at your Senior Center waiting for you to discover. Please stop by and check us out, have a cup of coffee, have lunch (prepared by our fabulous cooks) with us on Wednesdays, and enjoy the company we bring to each other. Happy 4th of July and have a great month!! Lastly, thank you to all our volunteers who are much appreciated.

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 July 10, 2023 at 10:30am at the Senior Center. The friends are responsible for fundraising events for the Senior Center, and dues are \$10 for the 2023-2024 fiscal year beginning July 1st.

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)

July Book Club

The selection for July will be *Carolina Moonset* by Matt Goldman. The novel is about family, good and difficult memories, and secrets, and is set in Beaufort South Carolina. Book Club meets the last Wednesday of the month. 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.

New Office Hours

We are happy to announce that Donna Farmer, Chief of Staff for Rep. Donnie Berthiaume will be holding office hours on July 11th from 12-12:45pm, to address any concerns or issues you may need assistance with. We are very happy to have her!

Weekly Lunches

July 5: Finger Sandwiches, Chips, Pickle

July 12: Macaroni and Cheese, Stewed Tomatoes

July 19: Boiled Dinner(Kielbasa, potatoes, carrots)

July 26: Teresa's Pizza \$5.00

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

A big Thank You goes out to Rep. Donnie Berthiaume and his Chief of Staff Donna Farmer, Chief Mark Smith, along with his wife Erin and their son Zack, and the countless others who helped with the Fathers' Day Breakfast Buffet. Because of all of our wonderful volunteers this fundraiser was a success!

Upcoming Events

Fourth of July(CLOSED)	7/4/23
Movie and Ice Cream	7/17/23

Carol's Oatmeal Raisin Cookies

½ Cup Sugar

½ tsp Vanilla

½ cup Brown Sugar

1 Egg

½ Cup Shortening

¼ tsp Salt

¼ cup Butter

¼ tsp Baking Powder

½ tsp Baking Soda

1 Cup Flour

½ tsp Cinnamon

1 ½ Cup Quick Oats

1 Cup Raisins

Preheat Oven to 375 degrees

In a separate bowl mix sugars and shortening, then add egg and vanilla.

Mix dry ingredients and add to sugar/egg mixture.

Stir in raisins and oats.

Drop by the TBSP onto cookie sheets (can use silicone mats)

Bake 10-12 minutes, cool on racks.

Makes 24 cookies