

March
2023

The Senior Connection

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

North
Brookfield
Senior
Center
508-867-
0220

Important Dates

On March 15th we will have our St. Patrick's Day lunch. The menu will consist of Corned Beef, Cabbage and all the fixings! The cost for lunch that day is \$5.00.

The rep. from Miracle Ear will be here at the Center on - March 8th. The representative for Sen. Anne Gobi will be here on March 22nd at 11:30 if you are in need of assistance.

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

March is the month of March Madness, the first day of Spring, Daylight Savings, and St. Patrick's Day. It can be a month of unpredictable weather but we must remember spring weather is right around the corner. I would like to send a big thank you to all the volunteers for all they do for the Senior Center and would also like to thank the Friends of the COA and the COA board for all they do for the senior center. We will be having our St. Patrick's Day lunch on March 15th and I hope to see you all there and maybe some new faces. Think spring and remember to treat each other with kindness and respect, and appreciate what each person can bring to the table.

Donna Seguin

Mondays
Zumba Gold with Melanie
\$5.00 Per class
1:00-2:00

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

We need your help!

Volunteer opportunities...

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...

Thanks to all of your generous donations we are currently not in need of any supplies this month!

NBCOA Meeting

The COA meets the second Monday of every month at 2pm here at the Center, and is open to the public. It is a great opportunity to voice any thoughts or concerns. The COA board consists of volunteers from the community as well as local seniors. If you may be interested in serving on the board, please contact us. The next meeting will be March 13th at 2pm.

COA Board Members

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



**Friends of the NBCOA
Membership Drive**

The Friends of the NBCOA are holding their ongoing Membership drive. The Friends are responsible for the fundraising events to raise monies for the center to provide meals and special programming. Some of their events include the SOUPer Bowl and the Harvest Dinner. Membership to the Friends' is \$5.00 annually and allows you the right to attend their annual meeting. If you are interested in becoming a supporter please fill out the attached form and return it with your fee to the center.

**Friends of the
NBCOA Meeting**

The next Friends meeting will take place on March 13th at 10:30am. It is open to the public and anyone is invited to attend the meetings.

Friends Board

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

March Book Club

The book selection for March will be *The Nickel Boys*, a novel based on the history of a reform school in Florida that operated notoriously for 111 years, closing in 2011. It starts in the Jim Crow era, and is a Pulitzer prize winning book. Copies will be available at the library as usual. The book club will meet on March 22nd **THIS MONTH ONLY**. New members are always welcome to come and join in any time.

Weekly Lunch Returns

We are excited to announce that beginning April 12th we will have lunch weekly once again! Before then, please join us for St. Patrick's Day on March 15th for a Corned beef and Cabbage dinner. The cost of the meal is \$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.
- With winter weather upon us, please remember that we operate on the school's schedule. If they are delayed, we are as well, and if the school is closed, so is the Center. Updates are also available on our Facebook page.

Upcoming Events

- | | |
|-------------------------|---------|
| Miracle Ear | 3/8/23 |
| Caregiver Homes | 3/7/23 |
| Patriots' Day (Closed) | 4/17/23 |
| Fire Dept. Presentation | 4/19/23 |

