

May
2023

The Senior Connection

Donna Seguin, Director
Courtenay Rivera, Program and Outreach Asst.
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North
Brookfield
Senior
Center
508-867-
0220

Important Dates

We are CLOSED Monday, May 1st for Town Elections, and again on May 29th for Memorial Day.

We have several special events this month:

May 3rd: *Movie Day "80 for Brady"*

May 10th: *The Greendale Retirees Singing Group*

May 17th: *Fire Presentation on Electrical Safety*

May 24: *Memorial Day Cookout*

Art classes for This month will be held on May 11th and May 18th at 11am.

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

The beauty of Spring is upon us as we watch the beautiful flowers and trees come back to life. The buds on the trees will soon bring us their leaves, our gardens will soon flourish, lawns will become green again, and we will begin to get outside more to enjoy the beauty of Spring. The perennials are starting to bloom at our center bringing once again new life. I sincerely hope all of you who suffer from seasonal allergies spring brings with it are not too bothered. Please join us at the center as we bring back our Wednesday lunches for a delicious and inexpensive home cooked meal! We hope to see new faces and for all those who join us on a regular basis. Thank you to all the volunteers who help out in so many ways, we couldn't make so many things happen without YOU!! Lastly, HAPPY MOTHER'S DAY to all the wonderful Mothers out there!

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.

Need a Greeting Card?

Did you know that the Center has a significant supply of greeting cards? Before you head to the store stop by and check out our selection, which is absolutely free!!

Wish List

We are in need of...

If you would like to donate to the Center, please call us at 508-867-0220 for a list of needed items. Thank you in advance for your generosity.

**** ATTENTION! ****

We have a limited supply of medical equipment (walkers, wheelchairs, shower seats, etc.) to borrow. We also have a supply of male and female incontinence supplies. If you are in need please call us before you go out and purchase to see what we have on hand.

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 May 8th 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



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.

Friends of the NBCOA Meeting

The next Friends meeting will take place on May 8th 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

May Book Club

This month's book selection is "The Woman In The Cabin", by Ruth Ware. It's a mystery/thriller taking place on a luxury cruise ship liner. The main character is a travel journalist who meets a mysterious woman in Cabin 10, and her subsequent disappearance. The Book Club meets the last Wednesday of each month unless otherwise noted. If you have any questions contact Judy Zalansky at jezalansky@comcast.net.

Weekly Lunches

May 3: Cassarole for a Crowd

Kathy P.

May 10: Chicken Thighs Kathy C.

May 17: Pizza (\$5.00)

May 24: Memeorial Day Cookout

May 31: Taco Salad Courtenay R.

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

First and foremost a huge thank you goes out to Kathy P., Kathy C., Judy M., Donna S., and Sandy M. for cooking this past month. We have definitely missed the home cooked meals! Also, thank you to Ella P., Janet P., and Kathy P. for providing goodies for our Coffee Hour. Thank you to Deputy Chief Darrin Anderson for stopping by to share some vital information with us about clutter and fire safety. Finally, thank you to SCM Elderbus for their informational session about the services they provide to our town.

Upcoming Events

Town elections(Closed)	5/1/23
Movie Day	5/3/23
Greendale Retirees	5/10/23
Fire Dept. Presentation	5/17/23
Memorial Day(Closed)	5/29/23

