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September  
2023

# The Senior Connection

Michelle Thayer, Interim Director  
Courtenay Rivera, Program and Outreach Asst.  
Joyce Hebert, Receptionist

North  
Brookfield  
Senior  
Center  
508-867-  
0220

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## Brain Games

1. *What has hands but cannot clap?*
2. *What gets broken without being held?*

Answers for last month:

1. Age
2. Your left hand

### ATTENTION!!!

We will once again be using the automated phone system for announcements pertaining to the Center. The calls will come from the following number:  
617-855-0125

## 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

For those of you that were not aware, I have come back to the Interim Director's position until a permanent director can be hired. Courtenay and I are working on Outreach scheduling, so if you or anyone you know may benefit from a home visit, please call the Senior Center for scheduling options through the month of September.

I have been working on finding grants and volunteers to assist in reestablishing our MedRide program for seniors in North Brookfield. This is a hugely important program and we currently have zero drivers. Please reach out for specific details if you or someone you know may be interested in learning more.

We also have openings in our Foot Clinic program that we would like to be filled on a regular basis. Typically, patrons will come in every other month (unless otherwise requested by our Foot Clinic nurse) and our EVEN months are falling short of our quota. Cost to patrons is \$15 paid on the day of your visit, and Foot Clinic is held on the first Friday of every month to allow privacy necessary to maintain HIPPA expectations.

Michelle Thayer  
Interim Director

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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 September 11, 2023 at 10:30am at the Senior Center. Harvest dinner tickets are available for purchase by coming into the Center at \$15 each this year. There are NO reserve ticket sales, all tickets must be paid for in advance, and there is limited seating.

### 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 next scheduled meeting will be September 11, 2023 at 2pm, and all meetings are open to the public unless otherwise posted.

### COA Board

#### Members

Judy Manning	Chairperson
Florine Martel	Vice Chair
Kate Norrie	Secretary
Dottie Revene	Member
Mary Waytina	Member
Tara Hayes	Alternate



We are always looking for volunteers here at the Senior Center. If you are interested in volunteering in any way, please contact 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....

- Regular Drinking Cups-9oz
- Paper towels

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### September Book Club

The selection for September's book club is *Educated by* Tara Westover, which is her memoir. Tara never attended public schools as her father fiercely forbade it. She grew up in a Mormon family in Idaho under strict rules and this recounts her childhood years. For more information contact Judy Zalansky at [jezalansky@comcast.net](mailto:jezalansky@comcast.net).

### Art Classes

Have you considered going to our Art Classes? It requires no previous experience, and best of all its Free. I provide all of the materials needed for every project. We meet twice a month on Thursdays right her at the Senior Center from 11-12. We learn drawing, painting, and crafts of all kinds.

Art is good for the soul. It's a great chance to learn something new and get together with friends. You can even make new friends! I hope you will try it out. The next class is Sept 7<sup>th</sup> at 11am. You will be surprised at all you will learn and experience!

Hope to see you there!  
Carol Hawkins

### Volunteer Appreciation Luncheon

On Monday, September 18<sup>th</sup> the Center will be closing at 12pm so that we can take time to recognize all of our wonderful volunteers. Thank you for your understanding.

**Weekly Lunches ( Subject to change)**

September 6: Breakfast (Kathy P.; Sandy M.)

September 13: Stuffed Pepper Soup (Sandy M.)

September 20: Tater Tot Cassarole (Michelle T.)

September 27: Spinach Lasanga Roll ups (Sandy M.)

**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

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**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. Also, thank you to everyone who donated stamps this month!

**Upcoming Events**

Volunteer Luncheon	9/18
Movie and Lunch	9/20
Hip Hop Chair Dance	9/25
Blood Pressure Clinic	9/13/23
Elections (Closed)	10/10/23
Jumpin Juba	10/11/23
Harvest Dinner	10/21/23

