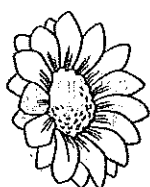


The Silver Streak...

May 2025

MISSION STATEMENT

COA's mission: The mission of the West Brookfield Council on Aging is to enhance the lives of our senior citizens by providing information, referral services and opportunities for socialization and recreation.



*May
at the
Senior Center*

Let Your Yoga Dance
with instructor Sharon Palmer
Thursday, May 8 at 10:15

Join Sharon for "Let Your Yoga Dance" – a fun, light-hearted, energizing experience where "joy and fun meet deep and profound." It combines flowing (standing) Yoga movements, dance, and an exploration of the body's seven "chakras" or energy centers – all with an eclectic variety of music. You can "let your yoga dance" either standing or seated, or both, and no experience in Yoga or dance is needed. Even if you think you have "two left feet" you can participate easily because there is no right or wrong way to dance here, and you will find yourself smiling and feeling great throughout – and after.

There is no cost for this session. Please sign up at the Senior Center. You did not have to attend the first class in order to participate in this one.

(This program made possible by the West Brookfield Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency.)



Music Bingo
Thursday, May 1
12:30 PM
Free



Dan Thompson hosts this afternoon of fun at the Senior Center. Please register at the Senior Center.

Encore Casino Trip
Tuesday, May 20, 2025

(Your host: Christy Mylott)

Cost: \$40.00 (due upon sign-up)

You will receive \$20.00 in free slot play.

8:30 AM Departure

10:00 AM Arrive at Casino

4:00 PM Depart Casino

5:30 PM Arrive back at West Brookfield
Senior Center

Sign up at the West Brookfield Senior
Center by **May 5th**!

COUNCIL ON AGING

Nancy Seremeth – Chair
Irene White – Vice-Chair
Betty Bliss – Secretary
Nancy Arsenault, Lisa Marie Berthel,
Brede Woods and Paula Ye – Board Members

Staff: Kelly Hitt, Director
Betty Frew, Program Coordinator
Sue Raymond, Outreach Coordinator
Marge Christian, Nutrition Site Manager

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The mailing of the newsletter is funded, in part through a grant from the Massachusetts Executive Office of Elder affairs.

Poetry Workshop*with Pamela Gemme***Tuesday, May 13, 20, 27
10:15 AM****There is no cost for this workshop.****Workshop is limited to six people.**

This workshop is beginning poetry. You do not have to know how to write a poem. You will need to bring a notebook and something small you have that you like. (It can be a pet rock, a letter from your grandmother – it doesn't matter what it is). Bring a poem or something else you've written to the first workshop session (May 13) – no more than one page.

Please sign up at the Senior Center.

About the instructor:

Pam is a poet, artist, and a child protection social work consultant for Massachusetts's DCF. Recent or forthcoming publications include *The American Journal of Poetry*, *Haiku Journal* and *The Chicago Quarterly Review*, among others.

**Mini Manicures****Thurs. May 8****Cost: \$5.00**

Appointment necessary. Please sign up at the Senior Center. Payment due at time of service. No tipping, please.

Movie**Thursday, May 22 at 12:30****Good Morning Vietnam***(starring Robin Williams)*

Set in Saigon in 1965, during the Vietnam War, this film stars Robin Williams as an Armed Forces Radio Service DJ who proves hugely popular with the troops, but infuriates his superiors with what they call his "irreverent tendency".

Don't forget to check out our new gazebo!

**Mother's Day Tea****Tuesday, May 13 at 1:00**

You are cordially invited to join us for an afternoon of tea and conversation. Everyone is welcome to attend. Bring your favorite tea cup. Please sign up at the Senior Center and let us know if you'd like to bake.

Donut Dollies

A documentary

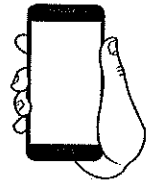
Thursday, May 29 at 1:00 PM

Donut Dollies is the untold story, fifty years in the making, of the American women who volunteered to go to Vietnam on an impossible mission – to help the troops forget about the war for a while.

Please sign up at the Senior Center.

Social Media Workshop**Monday, May 12 at 2:00 PM**

*(presented by students of
Quaboag Regional)*



The students will instruct us about the process of setting up a social media account, and talk about the differences between Facebook, Instagram and Twitter. Keep up with what your family and friends are doing. Please sign up at the Senior Center.

Friends of the Council on Aging 2025**Membership**

Please enroll me in the "Friends" of the West Brookfield Council on Aging, Inc. Enclosed is my \$5 (per person). Make checks payable to:

Friends of the Council on Aging, Inc.

Checks can be mailed to:

Friends of the Council

73 Central Street

West Brookfield, MA 01585

(Expires 12/31/2025)

Name _____

Address _____

Phone _____

DOB _____

Come learn about the proposed
Leland Rd. Water Treatment Project!

Monday, May 19 at 6:30 PM
at the Senior Center

Five Myths About Aging

(source: National Institute on Aging)

*Myth 1: The older you get, the less
sleep you need.*

We might wish this were the case, but older adults still need 7 to 9 hours of sleep each night. Adequate sleep can help reduce your risk of falls, improve your overall mental well-being, and help reduce your risk for certain health conditions.

Myth 2: Depression is common in older adults.

Although depression is a common mood disorder, it is not a normal part of aging. Talk with your doctor if you begin showing signs of depression, such as irritability or decreased energy.

Myth 3: Older adults can't learn new things.

Not true! Older adults can still learn new things, create new memories, and improve their performance on a variety of skills.

Myth 4: Memory problems always mean Alzheimer's disease. Not all memory problems are a sign of Alzheimer's disease. Talk with your doctor to determine whether the memory changes you're noticing are normal or whether they may be a sign of something more serious.

Myth 5: Older adults do not need to exercise.

Older adults have a lot to gain by being active-and a lot to lose by sitting too much. Exercise and physical activity can help manage some chronic conditions, improve mental and physical health, and maintain independence as you age.

REQUIPMENT

- *Free gently-used durable medical equipment -*

Find medical equipment for yourself, a family member or someone you know in the community. Donations are sanitized.



How do I obtain equipment?

Search the inventory and complete the online equipment request form at www.dmereuse.org

How do I donate?

Complete the donation intake form at www.dmereuse.org/what-we-do/donate-equipment

Equipment does not accept canes, crutches, walkers, commodes or hospital beds. Accepted donations can be dropped off at reuse locations or they can pick up large equipment at no charge.

To Contact EQUIPMENT

e-mail: info@dmereuse.org

voice: 800-261-9841

Mail: Equipment
PO Box 311
Methuen, MA 01844

Painting Class

Wednesday, May 14
12:30 PM



Quaboag Regional's National Art Honor Society will instruct us in painting a Van Gogh inspired sunflower in a vase, using oil pastels. All materials will be provided. This class is free, but sign up is required by May 7.



Memorial Day is the day that is set aside to remember with gratitude and pride all those who served and died for our country and our freedom. May your day be filled with memories and peace.



Plant Swap
Coming Thursday, June 5
11:00 AM – 1:00 PM



Bring a plant and take a plant. This is a terrific opportunity to add something to your garden. **Get your plants ready!** Please label your plant (plant name, shade or sun) so that the new owner will be able to care for it.

Indoor plants are also welcome!

Coming in June

Thursday, June 5 Plant Swap
Thursday, June 12 Let Your Yoga Dance
Monday, June 16 Medicare 101 with Ed Spater
Monday, June 23 Fraud Squad Players
Tuesday, June 24 Quaboag River Cruise

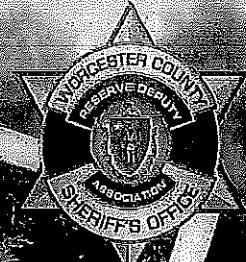
~ May 2025 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	No Book Club in May			1 9:00 Foot Care 9:00 Yoga (\$3) 12:30 MAHJonng 12:30 Music Bingo	2 9:00 Walking 9:00 Zumba (\$3) 11:00 Bridge 12:30 Pitch 1:00 Board Games	3
4	5 9:00 Vet Agent 9:00 Walking 9:00 Functional Fitness (\$3) 10:30 Matter of Balance Closed after Lunch for election set up	6 Closed For Elections	7 9:00 Walking 10:00 Wednesday Quilters 11:30 Rep. Berthiaume, Donna Farmer Chief of Staff 12:30 Pitch	8 9:00 Yoga (\$3) 9:10 Mini Manicures 10:15 Let Your Yoga Dance 12:30 MAHJonng 6:30 Quilt Meeting	9 9:00 Walking 9:00 Zumba (\$3) 11:00 Bridge 12:30 Pitch 1:00 Board Games	10 10:00 Open Sew
11	12 9:00 Walking 9:00 Functional Fitness (\$3) 10:15 Matter of Balance 12:30 Canasta 2:00 Social Media Workshop	13 9:00 Tai Chi (\$5) 10:00 Dunkin Divas 10:15 Poetry Workshop 12:30 Busy Bees 1:00 Mother's Day Tea	14 9:00 Walking 10:00 Wednesday Quilters 12:30 Pitch 12:30 Painting Class 1:00 Genealogy	15 9:00 Yoga (\$3) 10:15 COA Meeting 12:30 MAHJonng 12:30 Bingo	16 9:00 Walking 9:00 Zumba (\$3) 10:00 Blood Pressure 10:00 Coffee Hour 11:00 Bridge 12:30 Pitch 1:00 Board Games	17
18	19 9:00 Walking 9:00 Functional Fitness (\$3) 10:15 Matter of Balance 12:30 Canasta 6:30 Leland Rd. Water Project Information Meeting	20 9:00 Tai Chi (\$5) 10:00 Dunkin Divas 10:15 Poetry Workshop 12:30 Busy Bees 8:30 AM Encore Casino Trip	21 9:00 Walking 10:00 Wednesday Quilters 12:30 Pitch	22 9:00 Yoga (\$3) 12:30 MAHJonng 12:30 Movie	23 9:00 Walking 9:00 Zumba (\$3) 11:00 Bridge 12:30 Pitch 1:00 Board Games	24
25	26 Closed for Memorial Day	27 9:00 Tai Chi (\$5) 10:00 Dunkin Divas 10:15 Poetry Workshop 12:30 Busy Bees 6:30 Ham Radio	28 9:00 Walking 10:00 Wednesday Quilters 12:30 Pitch	29 9:00 Yoga (\$3) 12:30 MAHJonng 1:00 Donut Dollies	30 9:00 Walking 9:00 Zumba (\$3) 10:00 Hearing Clinic 11:00 Bridge 12:30 Pitch 1:00 Board Games	31

MAY 2025 - Nutrition Breakdown

Monday	Tuesday	Wednesday	Thursday	Friday
Menus are Subject to Change Meals are based on a No Added Salt (3,000-4,000 milligram diet) for healthy older adults. Contact our Nutritionist for any questions on sodium, calories, carbohydrates, or other dietary needs. (*) Indicates entrees with more than 500 mg sodium A high sodium meal = >1200 mg of sodium Nutrition information includes the 110 calories, 13gm Carbs & 125mg of sodium for milk. Carbs are listed for "Diabetic Friendly Meal" purposes ∞ Indicates a meatless meal				
5 Cinco de Mayo Chicken Fajitas* Spanish Rice Black Beans & Corn Sour Cream Pineapple Pita Bread Sodium 527 66 292 9 1 68	6 Meatballs w/ Onion Gravy Bowtie Pasta Roman Blend Vegetables Loma Doone Cookies Whole Wheat Bread Sodium 260 85 8 9 147 138	7 Lentil Stew w/ Cheese Steamed White Rice Peas & Carrots Fresh Orange Marble Rye Bread Sodium 252 180 100 12 0 105	1 Salisbury Steak w/ Gravy Mashed Potatoes Peas & Mushrooms Fresh Fruit Sandwich Roll Sodium 240 83 108 45 0 248	2 Lemon Pepper Haddock Delmonico Potatoes Green Beans Fruited Ambrosia Tartar Sauce Italian Bread Sodium 267 213 0 55 85 96
12 Lasagna & Meatballs w/ Marinara Sauce Honey Glazed Carrots Baked Cinnamon Pears Italian Bread Sodium 321 119 381 70 5 96	13 Chicken BBQ Sauce Sr Crm & Chive Mash. Pot. Country Blend Vegetables Fresh Fruit Pumpkinickel Bread Sodium 212 391 154 22 1 135	14 Roast Pork w/ Gravy Herb Stuffing Roasted Brussels Sprouts Apple Crisp Diet = Baked Apples Marble Rye Bread Sodium 266 212 306 9 63 14 105	15 Beef w/ Onions & Peppers Red Bliss Potatoes Green Beans Loma Doone Cookies Sandwich Roll Sodium 420 4 17 0 147 248	16 Haddock w/ Chimichurri Rice Pilaf Roasted California Blend Chocolate Pudding Diet = SF Chocolate Pudding Whole Wheat Bread Sodium 185 70 32 135 160 138
19 Beef Stew Steamed White Rice Corn Niblets Pineapple Italian Bread Sodium 166 101 1 1 96	20 Buttermilk Chicken Roasted Potatoes Mixed Vegetables Butterscotch Pudding Diet = SF Vanilla Pudding Pumpkinickel Bread Sodium 362 7 30 246 125 135	21 High Sodium Meal Roast Turkey* w/ Gravy Mashed Sweet Potatoes Jardiniere Vegetables Fresh Fruit Whole Wheat Bread Sodium 790 150 91 18 0 138	22 High Sodium Meal Holiday Meal Hot Dog* Baked Beans Coleslaw Baked Apples Hot Dog Bun Mustard Sodium 540 370 152 14 195 50	23 Shepherd's Pie Carrots Peas Chocolate Mousse Marble Rye Bread Sodium 255 58 53 230 105
26 Calories=844 Total Sodium = 490 mg Carbs = 105	27 Meatloaf w/ Gravy Garlic Mashed Potatoes Country Blend Vegetables Fresh Fruit Italian Bread Sodium 202 83 108 22 0 96	28 Bake Potato w/ Chili & Cheese Carrots Sour Cream Tropical Fruit Pumpkinickel Bread Sodium 7 474/180 53 9 20 135	29 Teriyaki Beef Steamed Rice Broccoli w/ Red Peppers Birthday Cake Diet = Small Piece Marble Rye Bread Sodium 438 101 15 221 110 105	30 Chicken Salad Pasta Salad Three Bean Salad Fruited Ambrosia Hot Dog Bun Sodium 197 172 280 55 195
Calories=674 Total Sodium = 1136 mg Calbs = 90	Calories=695 Total Sodium = 1040 mg Calbs = 105	Calories=777 Total Sodium = 1085 mg Calbs = 80	Calories=719 Total Sodium = 960 mg Calbs = 93	Calories=746 Total Sodium = 686 mg Calbs = 77
Calories=717 Total Sodium = 635 mg Calbs = 91	Calories=709 Total Sodium = 905 mg Calbs = 87	Calories=678 Total Sodium = 1312 mg Calbs = 102	Calories=875 Total Sodium = 1005 mg Calbs = 103	Calories=912 Total Sodium = 1023 mg Calbs = 96



JOIN US FOR THE 2025 SHERIFF'S ANNUAL SENIOR PICNIC DRIVE THRU EXTRAVAGANZA



SATURDAY, JUNE 7, 2025

11AM - 1PM

SAC PARK

38 LAKE STREET SHREWSBURY MA, 01545

BBQ MEAL | LOTTERY TICKETS | TONS OF GIVEAWAYS

| DESSERTS | RAFFLE BONANZA

ATTENDEES MUST REGISTER BY MAY 27, 2025

NYDIA@WORCESTERCOUNTYSHERIFF.ORG

508-796-2638

LEAVE MESSAGE WITH NAME, ADDRESS & PHONE

FIRST COME, FIRST SERVE

SORRY, NO EXTRA BAGS TO GO. MUST BE PRESENT TO PARTICIPATE.

Lakeshore Tours
56 Lakeshore Dr., West Brookfield, MA
Cell: 386-793-4295
travellingmanfb@bellsouth.net

2025 Tour Schedule

Prices to be announced

June Sunday, June 22

Quabbin Reservoir Visitor Center/Museum
Scenic ride through Quabbin Reservoir
Connecticut River Boat Ride – South Hadley
Meal at The Boathouse Restaurant – South Hadley
Yankee Candle – South Deerfield

July Sunday, July 20

Kittery Trading Post – Kittery, Maine
Foster's Clambake – York, Maine
Short Sands – York, Maine

Aug. Sunday, August 17

Tower Hill Botanical Garden – Boylston
1776 Old Mill Restaurant – Westminster
Mt. Wachusett State Reservation
John Hitchcock Visitor Center
Program presentation

Sept. Saturday, September 20

Lake Winnepesaukee – Meredith, New Hampshire
Lake Winnepesaukee Turkey Train - 2 hour ride
(Turkey dinner carved and served at your dining car table – provided by Hart's Turkey Farm)

Nov. Sunday, November 16

Newport Playhouse – Newport, RI
Lunch/Dinner buffet – (all you can eat)
Play: "A Texas Spoof: A Twisted Christmas Carol"
Dessert and Cabaret Show