

The Silver Streak...

June 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.



June at the Senior Center

Happy Summer!



Annual Plant Swap

Thursday, June 5
11 AM – 1 PM

Take a look at our plant swap table! Bring a plant and take a plant. This is a terrific opportunity to add something new to your garden. Indoor plants also welcome! Please label your plant (plant name, shade or sun) so that it can be well-cared for by its new owner. Medium to extra large flower pots which are empty and clean can also be donated.

Fraud Squad Monday, June 23 12:30 PM



This is not a lecture, but a lively 60 minute (approx.) fraud prevention session led by senior volunteers. The program features scripted skits based on real scam scenarios. There will be a question and answer period and printed material will be available. Please sign up at the Senior Center.

The mailing of newsletter is funded, in part through a grant from the Massachusetts Executive Office of Aging and Independence.

NEWSLETTER
of the
WEST BROOKFIELD COUNCIL ON AGING
West Brookfield Senior Center
73 Central Street
West Brookfield, MA 01585
Open: Monday-Friday 9:00 - 3:00
Senior Center 508-867-1407
Meals 508-867-1411
ElderBus 1-800-321-0243

Movie

Monday, June 2 at 12:30

Moonstruck

(starring Cher and Nicholas Gage)

This movie stars Cher, a widowed Italian American woman who falls in love with her fiancé's hot-tempered, estranged younger brother. Please sign up at the Senior Center.



Mini Manicures

Thurs. June 12
Cost: \$5.00

Time for summer beauty! Appointment necessary. Please sign up at the Senior Center. Payment due at time of service. No tipping, please.

Please note that the Senior Center will be closed on Thursday, June 19 to observe Juneteenth.

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



Let Your Yoga Dance

with instructor Sharon Palmer

Thursday, June 12 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.

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

Medicare 101

(with Ed Spater)

Monday, June 16 at 12:30

Come and learn the basics:

- > When and how to apply for Medicare
- > The difference between Original Medicare & Medicare Advantage
- > What is Part D?
- > What are Medicare Supplements?

The public is welcome. Please sign up at the Senior Center so we can arrange for seating.

Quaboag River Cruise

**Tuesday, June 24 (weather permitting)
1:00 PM**

Cost: \$10.00 (payable on sign up)

Meet at White's Landing and take a cruise down the river. You can order your lunch (sandwich or a wrap), drink and dessert for \$12.00. Space is limited so sign up early at the Senior Center.

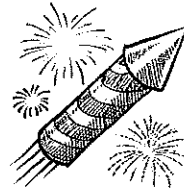
Meatloaf Lunch

Monday, June 30 at noon

\$3.00

(due on the day of the lunch)

We'll be serving meatloaf, mashed potatoes, tossed salad, rolls and dessert. Sign-up is required! Please sign up by June 27.



20 Years and New Ideas !

The Senior Center has been open for 20 years and we're celebrating! Drop in at the Center between 11 AM and 2 PM on June 10. Check out our new gazebo, purchased through a SIG Grant (service incentive grant). A light lunch will be provided. No sign up required.

Hope to see you!

Flying Flower Café with Bemis Farms

at the Senior Center

Tuesday, July 1 at 1:00 PM

Cost: \$15.00 (payable on sign-up)

A 12-inch pot chock full of red, yellow and orange flowers to attract hummingbirds and butterflies.

Limit: 20 participants

Please sign up by June 23.



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 _____

Stress Management



Everybody experiences stress. It's the body's natural reaction to tension, pressure, and change. A certain amount of stress helps to make life more challenging and less boring.

However, too much stress can be bad for you—both physically and mentally. Prolonged, unrelieved stress can lead to accidental injury as well as serious illness.

For the sake of your health, safety, and happiness, it's important to recognize and manage stress before it gets the best of you.

Recognize the Signs of Stress

Headaches	Forgetfulness
Upset stomach	Indigestion
Feeling "uptight"	Muscle tension, soreness
Anxiety	Grinding, gritting teeth
Irritability	Inability to make decisions
Diarrhea	Sadness or lack of interest
Anger	Overeating
Panic attacks	Skipping meals
Inability to sleep	Sleepiness, oversleeping

Many of these complaints can be caused by medical conditions, but often they are the body and mind's reaction to poorly managed stress.

Ways to Manage Stress

1. Think positively and surround yourself with others who do the same.
2. Avoid the trap of demanding too much of yourself. Get help if tasks are too big for you.
3. Accept that you can't control every situation. Try to be flexible.
4. At the start of each day, write down your list of things to do, then set reasonable priorities.
5. Divide big tasks into smaller, more manageable ones.
6. Eat a well-balanced diet. Limit sugar.
7. Include moderate exercise into each day to boost your energy level and improve mood.
8. Make time for relaxation. Try listening to soothing music, meditating, gardening, playing with a pet, reading a book or doing whatever helps you relax.

9. Avoid tobacco, alcohol, and drugs. They only make matters worse.
10. Use mistakes and setbacks as opportunities to learn.
11. If possible, say "NO" to tasks you know will be stressful for you.
12. Confide in at least one friend, and share your disappointments as well as achievements. Talk things out so minor frustrations don't build up.
13. Be ready to admit when you are wrong.
14. Laugh! Look for humor in life and take time to have fun.
15. Remember, it's ok to cry.
16. Practice deep breathing. Get in a comfortable position. Take in a slow, deep breath through your nose to the count of 5. Hold your breath for another 5 count. Then exhale through your mouth to the count of 15.
17. Prolonged sitting contributes to stress, so add activity to your daily routine by doing such simple things as taking the stairs instead of the elevator, standing or walking while on the phone, etc.
18. Make anti-stress stretches a part of your day.
19. Eliminate everyday sources of stress such as loud music playing or clutter in your surroundings.
20. Get plenty of sleep each night.

Call 2 Talk

Call 2 Talk is run by Mass 211. It operates 24/7 and provides confidential, compassionate listening to assist people during stressful times, including those who may be despondent or considering suicide.

Call 508-532-2255 or text C2T to 741741

All calls are confidential.

Note:

The Senior Center has more information about behavioral services.


Concerts on the Common
Wednesdays 7:00 – 9:00 PM

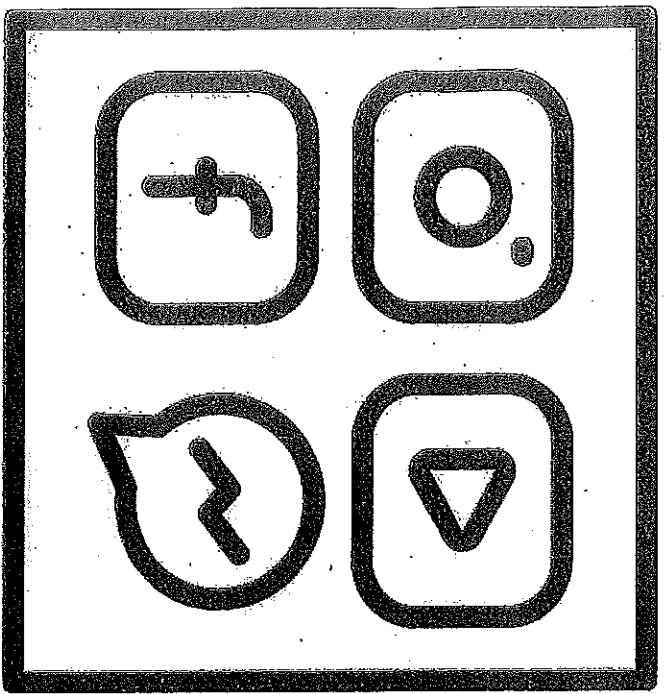
June 11	The Midnight Riders
June 18	The Green Sisters
June 25	Disco Lemonade
July 2	Wheel Smith 6:00 Bonfire to follow
July 9	Trigger Smith
July 16	The Crop Dusters
July 23	The Deloreans
July 30	Livestock
August 6	David Keith And The Coalition

~ June 2025 ~

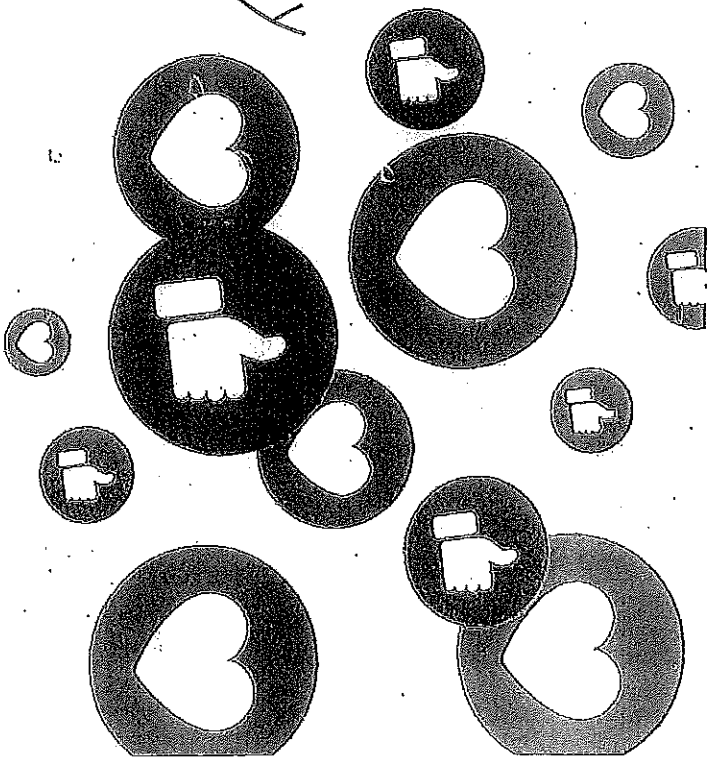
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 9:00 Walking 9:00 Functional Fitness (\$3) 10:15 Matter of Balance 12:30 Canasta 12:30 Movie	3 9:00 Tai Chi (\$5) 10:00 Dunkin Divas 12:30 Busy Bees	4 9:00 Walking 12:30 Pitch	5 9:00 Foot Care 9:00 Yoga (\$3) 11:00 Plant Swap 12:30 MAHJonng 12:30 Bingo	6 9:00 Walking 9:00 Zumba (\$3) 11:00 Bridge 12:30 Pitch 1:00 Board Games	7
8	9 9:00 Walking 9:00 Functional Fitness (\$3) 10:15 Matter of Balance 12:30 Canasta 1:00 Book Club	10 9:00 Tai Chi (\$5) 10:00 Dunkin Divas 10:00 Rep. Berthiaume, Donna Farmer, Chief of Staff 11:00 – 2:00 Open House Celebration 20 Years and New Ideas	11 9:00 Walking 12:30 Pitch 1:00 Genealogy	12 9:00 Yoga (\$3) 9:10 Mini Manicures 10:15 Let Your Yoga Dance 12:30 MAHJonng	13 9:00 Walking 9:00 Zumba (\$3) 10:00 Hearing Clinic 11:00 Bridge 12:30 Pitch 1:00 Board Games	14
15	16 9:00 Walking 9:00 Functional Fitness (\$3) 12:30 Canasta 12:30 Medicare 101	17 9:00 Tai Chi (\$5) 10:00 Dunkin Divas 12:30 Busy Bees 12:30 Card Making	18 9:00 Walking 12:30 Pitch 12:30 Support for All	19 Closed for Juneteenth	20 9:00 Walking 9:00 Zumba (\$3) 10:00 Coffee Hour 10:00 Blood Pressure Clinic 11:00 Bridge 12:30 Pitch 1:00 Board Games	21 10:00 Open Sew
22	23 9:00 Vet Agent 9:00 Walking 9:00 Functional Fitness (\$3) 12:30 Canasta 12:30 Fraud Squad	24 9:00 Tai Chi (\$5) 10:00 Dunkin Divas 12:30 Busy Bees 1:00 Quaboag River Cruise 6:30 Ham Radio	25 9:00 Walking 12:30 Pitch	26 9:00 Foot Care 9:00 Yoga (\$3) 12:30 MAHJonng 12:30 Bingo	27 9:00 Walking 9:00 Zumba (\$3) 10:00 Hearing Clinic 11:00 Bridge 12:30 Pitch 1:00 Board Games	28
29	30 9:00 Walking 9:00 Functional Fitness (\$3) 12:00 Meatloaf Lunch 12:30 Canasta	Notes: The annual town meeting will be held on June 3.				

TRI-VALLEY, INC. - JUNE 2025

Monday	Tuesday	Wednesday	Thursday	Friday
2 Pork Rib-I-que BBQ Sauce Mac 'n Cheese Green Beans Pineapple Sandwich Roll Sodium 280 195 167 0 0 248 Calories=770 Total Sodium = 1016mg Carbs = 90	3 Swedish Meatballs Garlic Mashed Potatoes Italian Blend Vegetables Fresh Fruit Pumpnickel Bread Sodium 323 108 31 0 125 Calories=698 Total Sodium = 722 mg Carbs =85	4 Sloppy Joe's* Red Bliss Potatoes Mixed Vegetables Mixed Fruit Sandwich Roll Sodium 648 17 30 20 248 Calories=706 Total Sodium = 1088 mg Carbs =106	5 Chicken Cacciatore Gemelli Pasta Roasted Broccoli Lorna Doone Cookies Whole Wheat Bread Sodium 303 8 15 147 138 Calories=705 Total Sodium = 735 mg Carbs = 90	6 Haddock w/ Crumb Topping Rice Pilaf Spinach Lemon Pudding Diet = SF Tapioca Marble Rye Bread Tartar Sauce Sodium 224 70 87 180 135 105 85 Calories=721 Total Sodium = 876 mg Carbs = 86
9 Vegetable Cheese Bake Seasoned Potatoes Capri Blend Vegetables Jello Marble Rye Bread Sodium 416 7 18 35 105 Calories=770 Total Sodium = 706 mg Carbs = 68	10 Spaghetti & Meatballs Marinara Sauce Green Beans Peach Crisp Diet = Peaches Italian Bread Sodium 211 381 0 35 5 96 Calories=706 Total Sodium = 848 mg Carbs = 75	11 Braised Beef Gemelli Pasta Herbed Carrots Fruited Ambrosia Whole Wheat Bread Sodium 197 8 53 55 138 Calories= 961 Total Sodium = 576 mg Carbs = 95	12 Father's Day Meal Chicken w/ Broc. & Cheese Gravy Cornbread Stuffing Roasted Brussels Sprouts Carrot Cake Diet = Cheesecake Mousse Pumpnickel Bread Sodium 410 81 242 9 277 130 135 Calories=955 Total Sodium = 1153 mg Carbs = 88	13 Vegetarian Chili w/ Cheddar Cheese Steamed Rice Roasted California Blend Fresh Fruit Marble Rye Bread Sodium 311 180 101 32 0 105 Calories=817 Total Sodium = 854 mg Carbs =116
16 Beef Stir-Fry Steamed Rice Roasted Broccoli Tropical Fruit Whole Wheat Bread Sodium 443 101 15 20 138 Calories=804 Total Sodium = 842 mg Carbs = 99	17 HIGH SODIUM MEAL Hot Dog* Baked Beans Coleslaw Baked Apples Hot Dog Bun Mustard Sodium 540 370 152 14 195 50 Calories=834 Total Sodium = 1446 mg Carbs = 93	18 Garlic Herbed Chicken Cranberry Stuffing Cabbage & Carrots Chocolate Pudding Diet = SF Choc. Pudding Pumpnickel Bread Sodium 257 355 42 135 160 135 Calories=702 Total Sodium = 1049 mg Carbs = 81	19 Juneteenth No Meals Served 	20 HIGH SODIUM MEAL Summer Begins Ham Salad* Pasta Salad Tomato & Onion Salad Fresh Fruit Hot Dog Bun Sodium 757 172 71 0 195 Calories=681 Total Sodium = 1320mg Carbs = 80
23 Burger w/ Chili & Cheese Herbed Potatoes Green Beans Fresh Fruit Sandwich Roll Sodium 150 474/180 7 0 0 248 Calories= 939 Total Sodium = 1184 mg Carbs = 107	24 Burgundy Pork* Mashed Sweet Potatoes Green Peas Pears Marble Rye Bread Sodium 768 91 7 10 105 Calories= 800 Total Sodium = 1105mg Carbs = 107	25 Butter Chicken* Red Bliss Potatoes Country Blend Vegetables Vanilla Mousse Whole Wheat Bread Sodium 723 17 22 155 138 Calories=696 Total Sodium = 1179 mg Carbs = 85	26 Jambalaya* Rice Pilaf California Blend Vegetables Birthday Cake Diet = Small Piece Pumpnickel Bread Sodium 539 70 36 221 110 135 Calories=761 Total Sodium = 1126 mg Carbs = 95	27 Bean & Cheese Enchilada* Cheese Spanish Rice Summer Corn Pineapple Pita Bread Sour Cream Sodium 748 162 66 5 0 68 9 Calories=801 Total Sodium = 1182 mg Carbs = 95
30 American Chop Suey Roasted Broccoli Carrots Lorna Doone Cookies Italian Bread Sodium 186 15 53 147 96 Calories= 691 Total Sodium = 622 mg Carbs = 85	Dudley 508-949-6640 Franklin 508-520-1422 Milford 508-478-8102 Northbridge 508-234-2002 Southbridge 774-289-9438	Spencer 508-885-5767 Douglas 508-651-6785 Upton 978-907-5709 Uxbridge 774-482-6174 W. Brookfield 508-867-1411	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	



Bring your
device so
we can help
you with any
questions!

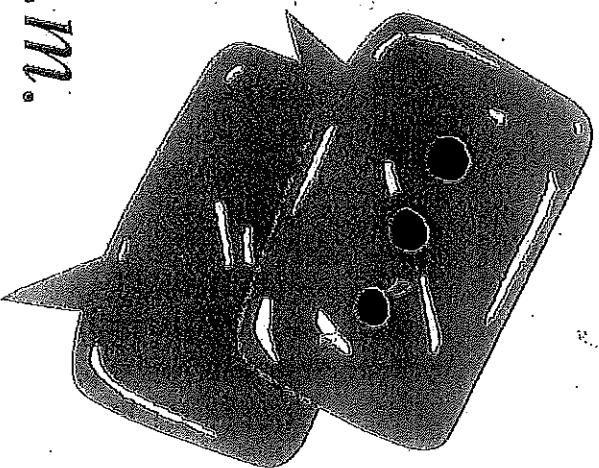
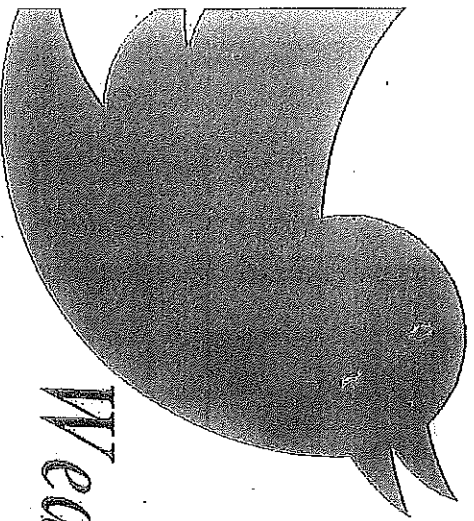


Join us for a

SOCIAL MEDIA WORKSHOP

at the Senior Center

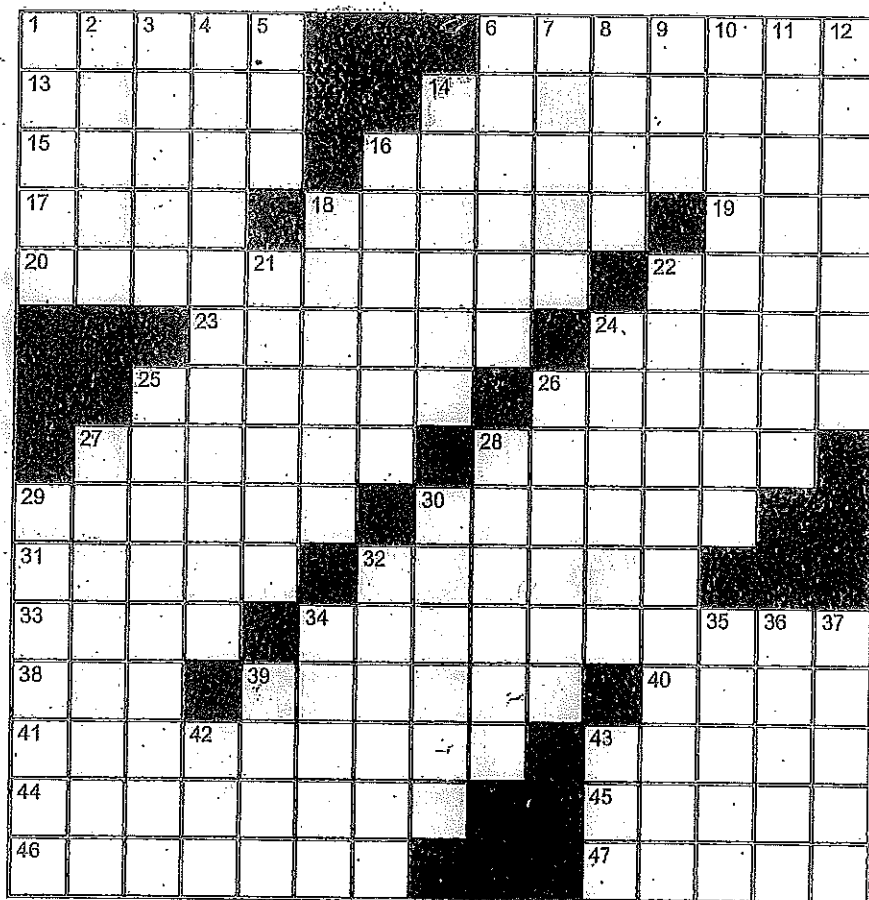
Wednesday, June 25th at 1 p.m.



CROSSWORD PUZZLE 2

ACROSS

1. Abandon
6. Or a dealer
13. "Farewell, mon ami"
14. Determine
15. Bell sound
16. Yellow, on a bikini
17. "My ___!"
18. Pigged out
19. Colorful ornamental carp
20. Ballerina's moves
22. Staffs
23. Programmer's entries
24. Suit
25. Gawks
26. Ziti, Linguini, e.g.
27. Bells and gongs emissions
28. Miners
29. Expensive
30. Encourage
31. Kidney-related
32. A summer top
33. "... there is no ___ angel but Love": Shakespeare
34. Problem solving - numbers or quantities
38. Delivery vehicle
39. Radio, TV signal device
40. Abysmal test score
41. Goes with passwords
43. Enraged
44. The true nature of anything
45. An injection through the back side
46. Some stanzas
47. Baddies



DOWN

1. Russian country
2. Do-nothing
3. Beauty pageant wear
4. Relating to or befitting cenobites
5. Embrace
6. Abe's enemy: John ___
7. Flesh of a fish similar to cod
8. "Good grief!"
9. Armageddon
10. "Please ___ this bear."
11. Language of Estonia
12. Eludes
14. Homer's snack
16. Caused to feel resentment
18. Fish hawk
21. Canine's coat
22. Enthralling
24. ___ down the hatches
25. A diamond's property
26. Symbol of hotness
27. A deep fissure
28. Polish dances
29. Movie short
30. Characteristics of a rock deposit
32. Son of Zeus
34. Change, chemically
35. "Well, I ___!"
36. Dirt
37. Bubbly drinks
39. "Green Gables" girl
42. Abbr. after a name
43. "Seinfeld" uncle