



*December
at the
Senior Center*

Baked Potato Bar (*sponsored by Tri-Valley*)
and Pea Soup (*sponsored by the Senior Center*)
Tuesday, Dec. 9
noon

**Suggested donation: \$3.00 for baked potato
and \$2.00 for pea soup
(payable on that day)**

Comfort food – yummy!

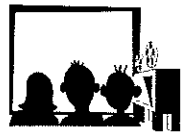
Toppings for the baked potato bar include chili, broccoli, cheese sauce, salsa, sour cream, chives and bacon for you to customize your own potato. Dessert and milk included. Join us for a warm lunch!

If you haven't already, please call the Center or drop by to sign up by December 2.

Yankee Swap
Mon. Dec. 15
12:30 PM



Join us for an afternoon of fun!
Bring a wrapped, \$10.00 gift.
Please sign up at the Senior Center.



Movie (*from our suggestion box*)
Monday, Dec. 22 at 12:30 PM
Nonnas

(starring Vince Vaughn, Lorraine Bracco and Talia Shire)

Nonnas is a heartfelt "dramedy" about Jody (Joe) Scaravella, who opens an Italian restaurant in New York, honoring his late mother and grandmother by employing grandmothers from around the world as chefs.

Please note: Please remember to sign up for our movies. If you have a last-minute change of plans you can always cancel. We have cancelled some movies in the past few months due to lack of sign-ups, only to have people come in expecting the movie to be shown. We don't want to disappoint people!

Also, if there is a movie you'd like to see us show at the Center, please place your suggestion in our movie suggestion box.

Thank you for all the suggestions you've given us so far!

COA and Staff
Please add
Michelle Dahart, Nutrition Site Manager

A note from the staff to all those who use the Center:

As we end 2025 and look forward to 2026, we'd like you to know how much you are appreciated.

In some ways, the Senior Center is a community itself; a community made up of the people who visit here, attend programs, help with events and with Meals on Wheels. We have noticed your kindness toward each other and it warms our hearts. Friendship is found here.

We are so grateful for your presence in our lives.

If you haven't been to the Center, please come and see what happens here. Our monthly newsletter can be found on the Town of West Brookfield's website, you can pick it up at the Senior Center or you can request that we mail it to you. Check it for what interests you.

In addition to our regular programming, we offer special activities and classes. Some of our programs in 2025:

Tour of Dispatch	Ice Cream Socials
Poetry Workshop	Author Talks
Balance Workshop	Historical Programs
Quaboag River Cruise	Let Your Yoga Dance
Music Bingo	Bus Trips
Painting Class	Card-Making
Mindfulness Classes	Senior Portrait Day
Plant Swap	Fraud & Scams

Downsizing and Decluttering
Hospice Presentation Mini-manicures
Home-made Lunches Tasting Events
Elementary School Pen Pals
Bemis Farms Plant Workshops
Managing Chronic Disease Workshop

The Senior Center is here for YOU! The coffee is always on and the door is always open if you want to talk.

Overheard: The only time the world beats a path To your door is when you are in the bathroom!

~ Coming in January ~

January 12 - Grip Strength Screening

January 21 - Breakfast for Lunch

Please post the following near your phone.

The Silent Call Procedure

If you need to call 9-1-1 and you are unable to speak for any reason, once your call is answered:

Press 1 if you need police

Press 2 if you need fire

Press 3 if you need an ambulance

If the 9-1-1 dispatcher asks questions,

Press 4 for YES

Press 5 for NO

If you need durable medical equipment such as a walker, cane, rollator, wheelchair, etc., call the Senior Center to find out if we have any available. We also accept donations of durable medical equipment that is clean and in good shape.

Cancelled in December:

Open Sew

Book Club

Coffee Hour

Office Hours for Rep. Berthiaume

We'll be back in the New Year!



A big THANK YOU to all who made donations to the Senior Center. We appreciate everything you've done to keep the Center going by paying it forward!

We'd also like to thank all town departments for their support and help.

The Importance of Winter Hydration

As temperatures drop it can become harder to keep hydration up. It's not uncommon to feel less thirsty in cold weather and many people are unaware that cold-weather dehydration exists. Dehydration occurs when the body doesn't have enough fluid to function properly.

Every time you sweat, urinate or have a bowel movement, water is lost. It may be difficult to notice when you're sweating in colder weather, so pay attention when you're bundled up. Even when you're not sweating, you lose water through the skin, and the drier air from indoor heating can cause you to become dehydrated without even noticing. A lack of water not only results in dehydration but can increase your risk of kidney stones, urinary tract infections, and constipation.

How much water do I need?

The recommended amount of water varies from person to person and depends on factors such as age, sex, activity level, altitude, weather, and overall health. Most people can stay hydrated properly with adequate daily water intake, but if you're sweating heavily, exercising for more than 60 minutes, or have significant fluid loss from fever, a sports drink or electrolyte replenishment packet may be appropriate.

Tips for Staying Hydrated in Winter:

1. Drink warm fluids if you find it difficult to drink cold water when it's cold outside. Sip on warm water, hot herbal teas, or warm broths can count toward hydration.
2. Add flavor such as a wedge of lemon, lime or other fruit to your drink.
3. Carry a water bottle with you.
4. Drink your food. Homemade soups in winter can increase fluid intake as well as including water-rich fruits and vegetables such as green leafy vegetables, citrus fruits, melon, tomatoes and cucumbers.
5. Avoid too much caffeine which can contribute to dehydration. For every caffeinated beverage you consume, have an additional glass of water of equal volume.
6. Swap your alcohol for a mocktail. Alcohol should not be counted toward fluid intake and interfere with a person's perception of cold, increasing the risk for hypothermia. Instead, try mixing

unsweetened seltzer water with a slice of citrus or mixed berries.

7. Make hydration a routine. Start by incorporating A glass of water on your bedside table to be consumed first thing in the morning.

With these tips in mind and simply remembering to drink more water can help you stay hydrated and healthy throughout the winter months.



Car Safety Tips for Winter

Common sense advice!

1. Keep your gas tank full in case of evacuation or power outages. A full tank will also keep the fuel line from freezing.
2. Do not drive through flooded areas. Six inches of water can cause a vehicle to lose control or possibly stall. A foot of water will float many cars. Also, beware of areas where flood waters have receded. Roads may have weakened and could collapse under the weight of a car.
3. Disable your cruise control when driving on slippery, icy or snowy roads. That's because if you lose traction or start to skid, the cruise control will accelerate to maintain your vehicle's speed, causing your wheels to spin even faster. On wet roads, if your cruise control is set at too high a speed, it could cause your car to hydroplane when it goes over standing water.
4. If a power line falls on your car you are at risk of electrical shock. Stay inside your car until a trained person removes the wire.
5. In a case of bad weather, do not go out unless it is necessary.

In case you are stranded, keep an emergency supply kit in your car and these automobile extras:

- Flares or reflective triangles
- Ice scraper
- Cell phone charger
- Blanket
- Map
- Cat litter or sand (for better tire traction)

Don't forget to think ahead and get ice melt or sand for your steps, too!

It's THAT time of year again !

FLU POLICY FOR WEST BROOKFIELD

(source: reprint from Board of Selectmen, 2010)

In the interest of protecting our employees and the public from pandemic flu, the Board of Selectmen adopted a policy on November 17th, (2009), which reflects the recommendation of the CDC and states that any employee who has an influenza like illness is to remain at home until at least 24 hours after they are free of fever or signs of a fever without the use of fever-reducing medicines and any employee who develops symptoms while at work should leave immediately. The CDC recommendation points out that many people with influenza continue shedding virus 24 hours after their fevers go away, and sometimes longer so that when an employee returns to work he/she should continue to take extra precautions by practicing respiratory etiquette and hand hygiene and avoiding close contact with others. Extra precautions should also be taken by anyone with a known exposure to the flu as persons are likely to be contagious for 2 - 5 days before exhibiting clear.

We are urging the public to follow these same guidelines and ask that those with symptoms avoid attending town meetings and activities at the Senior Center or Town Hall.

~ December 2025 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	9:00 Functional Fitness (\$3) 10:00 Walking 12:30 Canasta	2 9:00 Tai Chi (\$5) 10:00 Dunkin Divas 12:30 Busy Bees	3 10:00 Walking 10:00 Wednesday Quilters 10:00 Insurance Appts. 12:15 Pitch	4 9:00 Foot Care 9:00 Chair Yoga (\$3) 12:15 MAHJonng	5 9:00 Zumba Gold (\$3) 10:00 Walking 11:00 Bridge 12:15 Pitch 12:30 Board Games	6
7	8 9:00 Functional Fitness (\$3) 9:00 Vet Agent 10:00 Walking 12:30 Canasta 12:30 Dessert and Learn- Pre-Planning with Varnum Funeral Home	9 9:00 Tai Chi (\$5) 10:00 Dunkin Divas 12:00 Baked Potato Bar and Pea Soup Lunch 12:30 Busy Bees	10 10:00 Walking 10:00 Wednesday Quilters 12:15 Pitch 1:00 Genealogy	11 9:00 Chair Yoga (\$3) 9:10 Mini-Manicures 12:15 MAHJonng 5:00 Quilt Meeting	12 9:00 Zumba Gold (\$3) 10:00 Walking 11:00 Bridge 12:15 Pitch 12:30 Board Games	13
14	15 9:00 Functional Fitness (\$3) 10:00 Walking 12:30 Canasta 12:30 Yankee Swap	16 Closed All Day for Activities Christmas Party at Salem's	17 10:00 Walking 10:00 Wednesday Quilters 12:15 Pitch	18 9:00 Foot Care 9:00 Chair Yoga (\$3) 12:15 MAHJonng 12:30 Snow Day for Dessert and Learn	19 9:00 Zumba Gold (\$3) 10:00 Hearing Clinic appointments 10:00 Coffee Hour/Blood pressure 10:00 Walking 11:00 Bridge 12:15 Pitch 12:30 Board Games	20
21	22 9:00 Functional Fitness (\$3) 10:00 Walking 12:30 Canasta 12:30 Movie	23 9:00 Tai Chi (\$5) 10:00 Dunkin Divas 12:30 Busy Bees	24 10:00 Walking 10:00 Wednesday Quilters Closed at Noon	25 Closed All Day Merry Christmas !	26 CLOSED	27
28	29 9:00 Functional Fitness (\$3) 10:00 Walking 12:30 Canasta	30 9:00 Tai Chi (\$5) 10:00 Dunkin Divas 12:30 Busy Bees 6:30 Ham Radio	31 10:00 Walking 10:00 Wednesday Quilters Closed at Noon	No Bingo in December No Book Club in December No Open Sew in December		

December 2025

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	Veg. Cheese Bake Seasoned Potatoes Jardiniere Vegetables Cookies Whole Wheat Bread Calories: 908 Total Sodium: 851mg	2	Burger w/Chili & Cheese Potato Wedges Green Beans Fresh Fruit Sandwich Roll Calories: 787 Total Sodium: 1183mg	3	Jambalaya* Rice Pilaf Green Peas Pineapple Marble Rye Bread Calories: 707 Total Sodium: 846mg	4	Ranch Chicken Au Gratin Potatoes Mixed Vegetables Fruited Ambrosia Pumpnickel Bread Calories: 848 Total Sodium: 1185mg	5	Braised Beef Mashed Potatoes Scandinavian Veg. Pears Italian Bread Calories: 832 Total Sodium: 567mg
8	Salisbury Steak w/Gravy Garlic Mashed Potatoes Herbed Carrots Fresh Fruit Sandwich Roll Calories: 827 Total Sodium: 873mg	9	High Sodium Meal Hot Dog on Bun Baked Beans Coleslaw Baked Apples Mustard Calories: 834 Total Sodium: 1446mg	10	Turkey Supreme Herbed Stuffing Mixed Vegetables Ice Cream Cup Italian Bread Calories: 571 Total Sodium: 1199mg	11	Baked Potato w/ Chili & Cheese Roasted Broccoli Lemon Pudding Diet = Vanilla Pudding Whole Wheat Bread Calories: 807 Diet: 757 Total Sodium: 1120mg Diet: 1065mg	12	Burgundy Pork Mashed Potatoes Rstd. Brussels Sprouts Peaches Pumpnickel Bread Calories: 630 Total Sodium: 1024mg
15	Shepherd's Pie Carrots Peas Tropical Fruit Marble Rye Bread Calories: 782 Total Sodium: 555mg	16	Greek Lemon Chicken Steamed White Rice Rstd Broccoli & Carrots Chocolate Mousse Pumpnickel Bread Calories: 796 Total Sodium: 1121mg	17	Meatloaf with Gravy Garlic Mashed Potatoes Chuckwagon Corn Fresh Fruit Whole Wheat Bread Calories: 761 Total Sodium: 658mg	18	American Chop Suey Winter Blend Veg. Birthday Cake Diet = Half Piece Cake Italian Bread Calories: 643 Diet: 552 Total Sodium: 646mg Diet: 536mg	19	Frittata Stewed Tomatoes Green Beans Cookies Whole Wheat Bread Calories: 735 Total Sodium: 1174mg
22	Chicken Picatta Bowtie Pasta Roasted Broccoli Rice Krispy Treat Pumpnickel Bread Calories: 681 Total Sodium: 706mg	23	High Sodium Meal Stuffed Chicken w/Gravy Cranberry Stuffing Buttered Carrots Carrot Cake Diet = Half Piece Cake Italian Bread Calories: 983 Diet: 834 Total Sodium: 1432mg Diet: 1293mg	24	Teriyaki Beef Steamed Rice Roasted California Veg. Pineapple Fortune Cookie Whole Wheat Bread Calories: 834 Total Sodium: 1119mg	25	Christmas Day No Meals Served	26	Lemon Pepper Haddock Rice Pilaf Mixed Vegetables Fresh Fruit Marble Rye Bread Tartar Sauce Calories: 673 Total Sodium: 682mg
29	Breaded Mac & Cheese Stewed Tomatoes Green Beans Peaches Italian Bread Calories: 777 Total Sodium: 713mg	30	Meatballs w/Onion Gravy Bowtie Pasta Peas Pineapple Whole Wheat Bread Calories: 722 Total Sodium: 497mg	31	Marinated Pork Loin Herbed Potatoes Glazed Carrots Vanilla Mousse Marble Rye Bread Calories: 747 Total Sodium: 861mg	MENU SUBJECT TO CHANGE Meals are based on a No Added Salt (3,000-4,000 milligram diet for healthy older adults. If you have a special dietary concerns, contact our Nutritionist at Ext.266 for guidance on meeting your dietary requirements. mg = milligrams *Indicates higher sodium entrees >500mg High Sodium Meal = >1200mg All meals include 125mg sodium for milk			