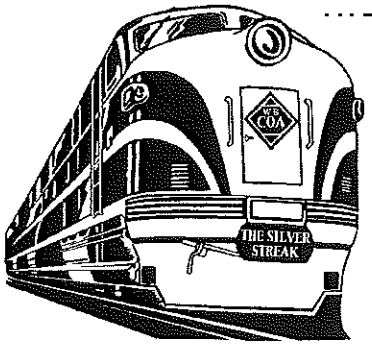


The Silver Streak...

January 2026

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

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.

January at the Senior Center

Brrr! Cold weather has arrived.

Happy New Year to everyone!

Why not start the new year at the Senior Center with a new activity? Try an exercise class. Try our walking group. Learn a new game. Join our Book Club. Check out the Busy Bees, our knitting and crochet group. Have lunch at the Senior Center or come to our monthly coffee hour and birthday celebration. Sign up for a special program or a movie. The coffee is always on, and everyone is welcome.

We're hoping to see you!

Grip Strength Screening

(sponsored by Fallon Health)

Monday, January 12

12:30 PM

In this screening, a handheld device measures grip strength for people of all hand sizes and abilities.

Information is provided about physical activity, nutrition and injury prevention.

Appointment not necessary, but please sign up at the Senior Center so that we can give Fallon an approximate number of participants.

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

Breakfast for Lunch

Wednesday, January 21

12:00

(sponsored by the Senior Center)

Cost: $3.00

Join us for scrambled eggs, bacon and pancakes. Sign up is required. Payment due at time of sign up.

Movie

Secondhand Lions

(starring Haley Joel Osment, Robert Duvall, Michael Caine and Kyra Sedgwick)

Thursday, January 15 at 12:30

Secondhand Lions tells the story of Walter Caldwell, a 14-year old boy whose Mom sends him to live with his reclusive great uncles on their rundown Texas farm for the summer.

Please sign up at the Senior Center.

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
Michelle Dahart, Nutrition Site Manager

The Power of Hypnosis and You

Monday, Jan. 26 at 12:30 PM

(presented by Donna Lee Honeywell of Align Hypnosis Health and Wellness Center)

Join us in learning about what hypnosis truly is – and what it *isn't.* Understand how the subconscious mind influences habits, emotions and healing. We'll explore how hypnosis can help eliminate fears, phobias, and negative patterns. We'll also have the opportunity to experience a brief and gentle introduction to Self-Hypnosis for calm, clarity and confidence.

How Hypnosis Can Help Improve Daily Life:

- Reduce Stress and Anxiety
- Improve Sleep and Relaxation
- Support Healthy Lifestyle and Weight Goals
- Ease Pain and Physical Tension
- Enhance Memory, Focus and Motivation
- Promote Emotional Well-Being and Balance

This program will last from 45 minutes to an hour. Please sign up at the Senior Center to reserve your seat.

Attention West Brookfield Residents

The Highway Department has a mix of salt and sand, if you need it. Please bring your own container and scoop when you pick it up.

Walk-In Medicare Help with Ed Spater
Wednesday, January 21
12:00 – 2:00

Ed will be at the Center on the third Wednesday of each month for those people needing help with Medicare. No appointment necessary.

Town Census

It's Census time again.

Please complete your census form even if everything is the same as it was last year.

You may drop off your census form at the Senior Center, drop it off at the Town Clerk's Office, or mail it in. This is also the time to license your dog at the Town Clerk's Office.

Coming in February

February 11 at 12:30
Alien Abductions and Otherworldly Beings

February 12 at 12:30
Valentine's Day Ice Cream Social

Wish List

Fancy napkins
Small paper plates
Long pink or white plastic tablecloths

White Christmas Drawing Winners

Congratulations to:

Sam R. Free drawing
Tracy S. Holiday Hamper
Jasmine Lottery and Gift Card Wreath

Please note that the quilts drawing will continue until we meet the reserve amount.

As you think ahead about what you might like to do in 2026, please think about becoming a Board Member on the Friends of the Council on Aging. The Friends raise funds to support the Senior Center. They are an integral part of the Center. What a wonderful way to meet people and get involved in a worthwhile cause!

Friends of the Council on Aging 2026
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 12/31/2026)

Name_____

Address_____

Phone_____

DOB_____

How to Beat the Winter Blues

While you may not be able to change the weather or the amount of daylight during the winter, you can practice good self-care to help you feel better.

Here are strategies you can try to beat the winter blues.

1. Take a break from the news.

Being indoors more often means an increase in screen time. And if this time is spent consuming a non-stop news cycle, you may feel an increase in the winter blues.

To help minimize stress, sadness, and despair from the news, try to limit the amount of time you spend in front of a screen. If possible, schedule one hour (or less) of news. You can watch this in one sitting or break it up into chunks.

2. Boost your mood with food.

A simple change to boost your mood is to consider the food you eat. Consuming protein with breakfast, lunch, and dinner can enhance mood and prevent sugar and carb cravings later in the day.

Also, including foods high in vitamin D such as fatty fish, fish oil, and vitamin D fortified foods like milk, orange juice, breakfast cereal, yogurt, and other food sources can help balance mood. If you are not getting enough vitamin D in your diet or through sunlight, talk to your doctor about taking a supplement – especially in the winter months.

3. Keep up your sleep routine.

Sleep is a huge component of mood. Without adequate, regular sleep, our circadian rhythm can get disrupted, which also disrupts cortisol rhythms and impacts hormone production, according to psychologist Kelly Donahue. To improve your sleep, Donahue recommends

- Go to bed and wake up at the same time every day.
- Follow a simple bedtime routine that signals rest, such as taking a bath, turning down the lights, or drinking a cup of herbal tea.
- Expose yourself to light as soon as you wake up.
- Sleep in a cool, dark room.
- Don't use electronics in your bedroom.
- Write all of your worry thoughts on a piece of paper before bed so that if you wake up in the night, you can tell yourself you don't need to worry because the thoughts are captured on paper and will be waiting for you to tackle in the morning.

4. Do some physical activity.

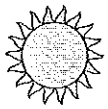
Physical activity has been shown to boost mood, decrease the symptoms of depression, and reduce stress. Start slowly and build up to more minutes per week of aerobic exercise, strength training, yoga , or other fitness-related activities.

5. Call on your support system.

Loneliness and isolation tend to make the effects of the winter blues worse. That's why your support system, which may include friends, family, co-workers and sponsors, should be on speed-dial.

Finding a way to spend time with supportive people is key to boosting your mood. This may include walks outdoors, talking on the phone, or coffee dates.

6. Seek out the sun.

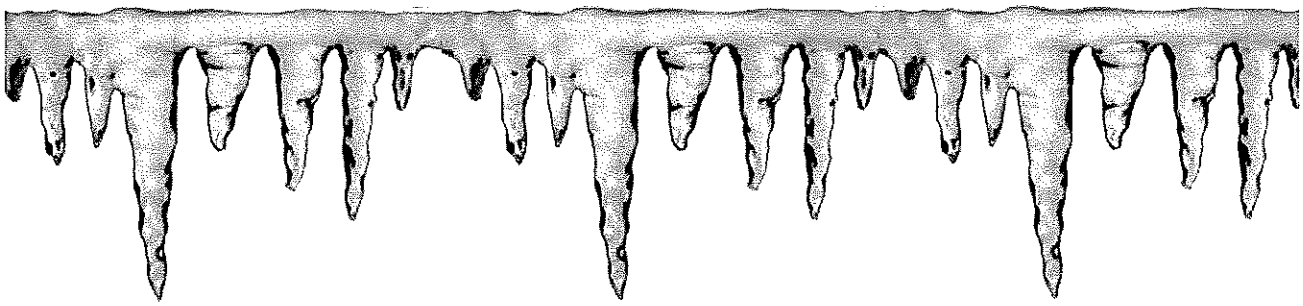


Getting outside needs to be a priority during the winter months. If you cannot get outdoors, move a chair, work station or kitchen table next to a window that gets sunlight. Aim to sit in this location for at least one to two hours a day.

7. Light Therapy

If you're not finding relief from some of the more low-level interventions, you may want to consider light therapy. This form of treatment is common for people diagnosed with SAD (Seasonal Affective Disorder).

The winter blues-or symptoms of low-level sadness lasting through the winter months-is not the same as seasonal affective disorder, but it can still take a toll on your physical and mental health. And while you can't change the season, interventions like exercise, light therapy, motivational techniques, and better sleep hygiene can help. However, if symptoms worsen or persist, it may be time to seek support from your doctor or mental health provider.



Inclement Weather Policy

The West Brookfield Senior Center Weather Policy is determined by what is observed by the Quaboag Regional School District. If the schools are closed, then the Center is closed. If schools are delayed 1 or 2 hours then the Senior Center is delayed the same. This is for everyone's protection and safety.

School closings can be found on the Quaboag Regional School District website (www.quaboagrs.org), on major tv channels such as channel 5 or 7, or by listening to the Radio channel WTAG, or on your computer at wtag.iheart.com

~ January 2026 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Closed Happy New Year	2 Closed All Day	3 9:30 Ham Radio
4	5 9:00 Functional Fitness ($3) ~~9:00 Vet Agent~~ 10:00 Walking 12:30 Canasta	6 9:00 Tai Chi ($5) 10:00 Dunkin Divas 12:30 Busy Bees	7 10:00 Walking 12:15 Pitch	8 **9:00 Foot Care** 9:00 Chair Yoga ($3) **9:10 Mini-Manicures** 12:15 MAHJonng 6:00 Quilt Meeting	9 9:00 Zumba ($3) 10:00 Walking 11:00 Bridge 12:15 Pitch 12:30 Board Games	10
11	12 9:00 Vet Agent 9:00 Functional Fitness ($3) 10:00 Walking 12:30 Canasta **12:30 Grip Strength Screening** 1:00 Book Club	13 9:00 Tai Chi ($5) 10:00 Dunkin Divas 12:30 Busy Bees	14 10:00 Walking 12:15 Pitch 1:00 Genealogy	15 9:00 Chair Yoga ($3) 10:15 COA Meeting 12:15 MAHJonng **12:30 Movie**	16 9:00 Zumba ($3) **9:30 Blood Pressure** 10:00 Walking 10:00 Coffee Hour 10:00 Blood Pressure 11:00 Bridge 12:15 Pitch 12:30 Board Games	17 10 AM Open Sew
18	19 Closed	20 9:00 Tai Chi ($5) 10:00 Dunkin Divas 12:30 Busy Bees	21 10:00 Walking **12:00 Breakfast for Lunch** **12:00 Walk-In Medicare Help** 12:15 Pitch	22 9:00 Chair Yoga ($3) 12:15 MAHJonng	23 9:00 Zumba ($3) 10:00 Walking **10:00 Hearing Clinic** 11:00 Bridge 12:15 Pitch 12:30 Board Games	24
25	26 9:00 Functional Fitness ($3) 10:00 Walking 12:30 Canasta **12:30 The Power of Hypnosis And You**	27 9:00 Tai Chi ($5) 10:00 Dunkin Divas 12:30 Busy Bees 6:30 Ham Radio	28 10:00 Walking 12:15 Pitch	29 9:00 Chair Yoga ($3) 12:15 MAHJonng	30 9:00 Zumba ($3) 10:00 Walking 11:00 Bridge 12:15 Pitch 12:30 Board Games	31

TRI-VALLEY, INC. - JANUARY 2026

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 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, 13 gm Carbs & 125 mg of sodium for milk. Carbs listed for "Diabetic Friendly Meal" purposes ∞ Indicates a meatless meal		1 **Happy New Year** No Meal Served 		2 **Garlic Brown Sugar Chicken** Lemon Seasoned Potatoes Rst. Cali. Blend Fresh Fruit Whole Wheat Bread	Sodium 356 179 32 1 138 **Calories=699 Total Sodium = 831 mg** **Carbs = 89**
5 **Beef Bourginon** Garlic Mashed Potatoes Peas & Mushrooms Lorna Doone Cookies Italian Bread	Sodium 252 108 45 147 96 **Calories=839 Total Sodium = 847 mg** **Carbs = 89**	6 **Chicken Stir-Fry*** Rice Pilaf Roasted Broccoli Fresh Fruit Pumpernickel Bread	Sodium 815 70 15 1 135 **Calories=685 Total Sodium = 1162 mg** **Carbs = 103**	7 ∞ **Vegetable Cheese Bake** Red Bliss Potatoes Mixed Vegetables Chocolate Pudding Diet = SF Choc. Pudding Whole Wheat Bread	Sodium 416 17 30 135 160 138 **Calories= 829 Total Sodium = 861 mg** **Carbs = 75**	8 **HIGH SODIUM** **Bahn Mi Pork** **w/ BBQ Sauce** Carrots Coleslaw Baked Cinnamon Pears Sandwich Roll Mayo	Sodium 450 320 53 152 5 248 70 **Calories=784 Total Sodium = 1422 mg** **Carbs = 89**	9 ∞ **Lentil Stew** **w/ Cheddar Cheese** Steamed White Rice Jardiniere Vegetables Fruited Ambrosia Marble Rye Bread	Sodium 252 180 101 18 55 105 **Calories=834 Total Sodium = 837 mg** **Carbs = 106**
12 **Ziti w/ Meat Sauce*** Mozzarella Cheese Broccoli & Red Peppers Baked Apples Italian Bread	Sodium 524 150 15 14 96 **Calories=681 Total Sodium = 924 mg** **Carbs = 84**	13 **Beef** **w/ Onions & Peppers** Herb Potatoes Peas & Carrots Rice Krispie Treat Pumpernickel Bread	Sodium 420 3 7 30 105 135 **Calories=731 Total Sodium = 825 mg** **Carbs = 92**	14 **Roast Pork** **w/ Gravy** Cranberry Stuffing Rst. Brussels Sprouts Pear Crisp Diet = Applesauce Whole Wheat Bread	Sodium 354 170 300 9 35 25 138 **Calories=802 Total Sodium = 1131 mg** **Carbs = 85**	15 **Cranberry Chicken Salad** Pasta Salad Tomato & Onion Salad Fresh Fruit Hot Dog Bun	Sodium 197 172 71 0 195 **Calories=752 Total Sodium = 759 mg** **Carbs = 89**	16 **Bean & Cheese Enchilada*** **w/ Mont. Jack Cheese** Brown Rice Chuckwagon Corn Pineapple Pita Bread Sour Cream	Sodium 748 162 64 1 0 68 9 **Calories=768 Total Sodium = 1177 mg** **Carbs = 100**
19 **Martin Luther King Day** No Meal Served 		20 **Lasagna & Meatballs** Marinara Sauce Rst. Broccoli & Carrots Fresh Fruit Italian Bread	Sodium 459 381 33 1 96 **Calories=737 Total Sodium = 1096 mg** **Carbs = 93**	21 **Chicken Fajitas*** Spanish Rice Black Beans & Corn Pineapple Pita Bread Sour Cream	Sodium 527 66 292 0 68 9 **Calories=862 Total Sodium = 1086 mg** **Carbs = 98**	22 ∞ **Vegetarian Chili** **w/ Cheese** Roasted Potatoes Country Blend Vegetables Birthday Cake Diet = Small Piece Marble Rye Bread	Sodium 311 180 7 22 221 110 105 **Calories=853 Total Sodium = 970 mg** **Carbs = 110**	23 **Fish w/ Crumb Topping** Au Gratin Potatoes Mixed Vegetables Tropical Fruit Pumpernickel Bread Tartar Sauce	Sodium 224 285 30 20 135 85 **Calories=734 Total Sodium = 904 mg** **Carbs = 91**
26 **Shepherd's Pie** Carrots Peas Fresh Fruit Marble Rye Bread	Sodium 255 53 7 0 105 **Calories= 772 Total Sodium = 545 mg** **Carbs = 101**	27 **Buttermilk Chicken** Herb Stuffing Rst. California Blend Tapioca Diet = SF Tapioca Whole Wheat Bread	Sodium 362 305 32 210 135 138 **Calories=764 Total Sodium = 1173 mg** **Carbs = 84**	28 **Baked Potato** **w/ Chili** **Cheese** Roasted Broccoli Chocolate Mousse Pumpernickel Bread Sour Cream	Sodium 7 474 180 15 230 135 9 **Calories=850 Total Sodium = 1175 mg** **Carbs = 92**	29 **HIGH SODIUM** **Hot Dog*** Baked Beans Coleslaw Baked Apples Mustard Hot Dog Bun	Sodium 540 370 162 14 50 195 **Calories= 841 Total Sodium = 1457 mg** **Carbs = 94**	30 **Beef Stew** White Rice Corn Niblets Fruited Ambrosia Biscuit	Sodium 166 101 1 55 310 **Calories=998 Total Sodium = 758 mg** **Carbs = 107**

Dudley 508-949-6640 **Milford 508-478-8102** **Northbridge 508-234-2002** **Spencer 508-885-5767** **Upton 978-907-5709**
Franklin 508-520-1422 **Northbridge 508-234-2002** **Southbridge 774-289-9438** **Uxbridge 774-482-6174** **W. Brookfield 508-867-1411**