

# The Silver Streak...

## February 2026

### 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.*

### 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



### February at the Senior Center

February is an interesting month. It is National Heart month and has special days such as Random Acts of Kindness Day on February 17, Clean Out Your Computer Day on February 9 and Gumdrop Day on February 15. Something for everyone!

### Mini Manicures

Thursday, February 19 at 9:10 AM

Cost: \$5.00



Stay beautiful in winter, too! Appointment necessary. Please sign up at the Senior Center. Payment due at time of service. No tipping, please.



### Alien Abductions and Otherworldly Beings

Wednesday, February 11 at 12:30

(sponsored by the Friends of the Council on Aging)

Explore the mystery of alien abduction with Chris Torres. Delve into evidence, stories, and theories in this engaging session that invites curiosity and critical thinking.

Please sign up at the Senior Center to reserve your seat.



### Valentine's Day Ice Cream Social

Thursday, February 12 at 12:30

Cost: \$3.00 (payable on sign-up)

We all enjoy a sundae, whether it be summer or winter! Join us to celebrate Valentine's Day! Visit with friends and, make your own sundae.

### Donuts with the Director

Monday, February 9 at 10:30 AM

Kristen from Varnum Funeral Home will be at the Senior Center to speak one-on-one with anyone who would like information about funeral pre-planning or has questions in general. No appointment necessary. No sign up required.

Please be aware that there is no parking on the kitchen (lh) side of the building between 8:30 AM and 12:30 PM on Monday through Friday. The Meals on Wheels drivers need to be able to use those parking spots for loading and unloading.

Thank you for your cooperation.

### 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

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

## RAFT ASSISTANCE

Residential Assistance for  
Families in Transition

**This program helps those facing eviction,  
loss of utilities or other housing  
emergencies.**

RAFT can pay for overdue rent or mortgage,  
overdue utilities, moving-related expenses.  
Payments would go to the landlord, utility  
provider, mortgage servicer, or other vendor.

\* To check if you are eligible for RAFT visit:  
[www.mass.gov/info-details/how-to-apply-for-raft](http://www.mass.gov/info-details/how-to-apply-for-raft)

The Spencer Senior Center's outreach worker  
can also assist with RAFT applications. Please  
call the Spencer Senior Center at 508-885-7546  
to make an appointment with her.

## Breaking News from the Senior Center



Kelly, Senior Center Director, is  
now a Notary Public! This service  
is free of charge for Seniors.

Please call the Center in advance to be sure that  
she is available.

## Pizza Luncheon

**Monday, February 9 at noon**

**Cost: \$3.00 (payable at sign up)**



National Pizza Day is celebrated on February 9.  
Please join us for two slices of pizza and a  
beverage. We're hoping to see you at the  
Center!

### New Diet Rules:

1. Foods of the same color-such as spinach and pistachio ice cream-have the same number of calories.
2. If you eat something and no one sees you eat it, it has no calories.
3. If you eat less than the person you're eating with, your calories don't count.

## "Surprise" Craft with Kelly

**Tuesday, February 17 at 12:30**

Limit: 10 participants

Pre-registration required. Spend the afternoon  
having fun crafting. What will you be making? It's  
a surprise!

No experience necessary. All materials and  
instructions provided.

Space is limited, so sign up early!



## Movie

**The First Wives Club**

**Monday, February 23 at 12:30**

*(starring Bette Midler, Goldie Hawn and  
Diane Keaton)*

This is the story of three divorcees who seek  
retribution on their ex-husbands for having left  
them for younger women.

— Coming in March —

**March 16 - Scams with Office of the  
District Attorney.**



Remember, your Friends membership must be  
paid by March 31, 2026 in order for you to receive  
any discounts.

## 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 \_\_\_\_\_



## February - National Heart Month

(source: American Heart Association)

Heart month is an annual observance dedicated to raising awareness about heart health and cardiovascular diseases. Heart disease remains a leading cause of death worldwide. Heart month is celebrated in February because it is a time when many people reflect on matters of the heart, including love and relationships.

### How to Promote Heart Health

Improving heart health involves making conscious choices to reduce risk factors and adopt heart-healthy habits. Here are some ways to promote heart health during Heart month and beyond:

➤ Eat a balanced diet:

Consume a diet rich in fruits, vegetables, whole grains, lean proteins, and low-fat dairy products. Limit saturated and trans fats, sodium, and added sugars.

➤ Exercise regularly:

Engage in physical activity for at least 150 minutes per week. Activities like walking, cycling, and swimming can help improve cardiovascular fitness.

➤ Quit Smoking:

If you smoke, seek support to quit smoking. Smoking is a major risk factor in heart disease.

➤ Manage Stress:

Practice stress-reduction techniques such as mindfulness, meditation, or yoga to reduce the impact of stress on your heart.

➤ Monitor Blood Pressure:

Check your blood pressure regularly and work with your healthcare provider to manage it within a healthy range.

➤ Control Cholesterol:

Maintain healthy cholesterol levels by following a heart-healthy diet and, if necessary, taking prescribed medications.

➤ Maintain a Healthy Weight:

Achieve and maintain a healthy weight through a combination of balanced eating and regular physical activity.

➤ Limit Alcohol Consumption:

If you drink alcohol, do so in moderation. Excessive alcohol consumption can contribute to heart problems.

➤ Get Adequate Sleep:

Aim for 7 – 9 hours of quality sleep per night to support heart health.

TAKE GOOD CARE OF YOUR HEART!

## Frequently asked Questions about Friendship later in Life

(an excerpt from My Seniors World)



### Is it normal to lose friends as I get into my retirement years?

Yes, your social circle will change. The key is recognizing this as a natural part of life while actively working to maintain existing connections and creating new ones.

### How many friends do I really need for good health?

Quality matters more than quantity. Having just one or two good, supportive friends can significantly impact your well-being. The goal is to cultivate meaningful relationships where you feel understood, valued, and cared for, according to research.

### Should I maintain friendships that feel one-sided or draining?

Healthy friendships involve mutual support and reciprocity, though the balance may shift temporarily during difficult times. If a friendship consistently feels draining or one-sided despite your efforts to address the imbalance, it may be healthier to limit the relationship. Focus on relationships that bring mutual joy and support.

### I'm naturally introverted. How can I make new friends without feeling overwhelmed?

Being introverted doesn't mean you can't form deep friendships. Start small by joining activities related to your genuine interests, where conversation flows naturally around your shared passions. Focus on quality interactions over quantity, and remember that many introverts prefer smaller gatherings or one-on-one meetings, which can lead to stronger bonds.


*It's THAT time of year again !*

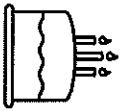
## **FLU POLICY FOR WEST BROOKFIELD**

*(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.**

~ February 2026 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
	9:00 Functional Fitness (\$3) <del>9:00 Vet Agent</del> 10:00 Walking 12:30 Canasta	9:00 Tai Chi (\$5) 10:00 Dunkin Divas 12:30 Busy Bees	10:00 Walking 12:15 Pitch	9:00 Foot Clinic 9:00 Chair Yoga (\$3) 12:15 MAHJonng	9:00 Zumba (\$3) 10:00 Walking 11:00 Bridge 12:15 Pitch 12:30 Board Games	Ham Radio 9:30 am
8	9	10	11	12	13	14
	<b>9:00 Vet Agent</b> 9:00 Functional Fitness (\$3) 10:00 Walking <b>10:30 Donuts with the Director</b> Varnum Funeral Home <b>12:00 Pizza Luncheon</b> 1:00 Book Club 12:30 Canasta	9:00 Tai Chi (\$5) 10:00 Dunkin Divas 12:30 Busy Bees	10:00 Walking 11:15-12:15 Donna Farmer 12:15 Pitch <b>12:30 Alien Abductions and Otherworldly Beings</b> 1:00 Genealogy	9:00 Chair Yoga (\$3) 12:15 MAHJonng <b>12:30 Valentine's Day Ice Cream Social</b> <b>12:30 Music Bingo</b> 6:00 Quilt Meeting	9:00 Zumba (\$3) 10:00 Walking 11:00 Bridge 12:15 Pitch 12:30 Board Games	
15	16	17	18	19	20	21
	<b>Closed for Presidents' Day</b> 	9:00 Tai Chi (\$5) 10:00 Dunkin Divas 12:30 Busy Bees <b>12:30 Surprise Craft with Kelly</b>	10:00 Walking <b>12:00 Walk-In Medicare Help</b> 12:15 Pitch	9:00 Chair Yoga (\$3) 9:10 Mini-manicures 10:15 COA Meeting 12:15 MAHJonng	9:00 Zumba (\$3) 10:00 Walking 10:00 Coffee Hour <b>10:00 Blood Pressure Clinic</b> 11:00 Bridge 12:15 Pitch 12:30 Board Games	10:00 Open Sew
22	23	24	25	26	27	28
	9:00 Functional Fitness (\$3) 10:00 Walking 12:30 Canasta <b>12:30 Movie</b>	9:00 Tai Chi (\$5) 10:00 Dunkin Divas 12:30 Busy Bees 6:30 Ham Radio	10:00 Walking 12:15 Pitch	<b>9:00 Foot Care</b> 9:00 Chair Yoga (\$3) 12:15 MAHJonng	9:00 Zumba (\$3) 10:00 Walking <b>10:00 Hearing Clinic</b> 11:00 Bridge 12:15 Pitch 12:30 Board Games	

Monday		Tuesday		Wednesday		Thursday		Friday	
2	<b>Chicken Tiki Masala</b> Couscous Roasted California Blend Lorna Doone Cookies Pumpnickel Bread  Sodium 323 84 32 147 135	3	<b>Meatloaf w/ Gravy</b> Garlic Mashed Potatoes Green Beans Butterscotch Pudding Diet = SF Vanilla Whole Wheat Bread  Sodium 202 83 107 0 246 125 138	4	<b>HIGH SODIUM</b> <b>Roast Turkey*</b> w/ Gravy Apple Cornbread Stuffing Roasted Brussels Sprouts Fresh Fruit Italian Bread  Sodium 592 150 338 9 1 96	5	<b>Teriyaki Beef</b> Steamed Rice Broccoli w/ Red Peppers Pineapple Fortune Cookie Whole Wheat Bread  Sodium 438 101 15 0 0 138	6	<b>Honey Mustard Pork*</b> Mashed Sweet Potatoes Scandinavian Vegetables Baked Apples Maple Rye Bread  Sodium 817 91 30 14 105
Cal=720 Carbs=88 Total Sodium=846mg		Calories=771 Carbs=85 Total Sodium = 901 mg		Calories=682 Carbs=93 Total Sodium = 1311mg		Calories=804 Carbs=111 Total Sodium = 817mg		Calories=837 Carbs=128 Total Sodium = 1183mg	
9	<b>Sloppy Joe*</b> Herb Potatoes Mixed Vegetables Fresh Fruit Sandwich Roll  Sodium 648 7 30 1 248	10	<b>Chicken Cacciatore</b> Gemelli Pasta Rst. Brussels Sprouts Brownie Diet = Half Piece Whole Wheat Bread  Sodium 303 8 9 150 75 138	11	<b>Pork Ribique w/ BBQ Sauce</b> Mac 'n Cheese Green Beans Fruited Ambrosia Sandwich Roll  Sodium 280 195 167 0 55 248	12	<b>Ziti &amp; Meatballs</b> Marinara Sauce Cali. Blend Strawberry Mousse Italian Bread  Sodium 211 381 36 130 96	13	<b>Red Beans 'n' Rice*</b> Steamed Rice Roasted Broccoli Baked Cinnamon Pears Pumpnickel Bread  Sodium 443 101 15 5 135
Calories=831 Carbs=123 Total Sodium = 1059mg		Calories=723 Carbs=86 Total Sodium = 732mg		Calories=810 Carbs=91 Total Sodium = 1071mg		Calories=674 Carbs=90 Total Sodium = 979mg		Calories=785 Carbs=95 Total Sodium = 824mg	
16	<b>Presidents' Day</b> <b>No Meals Served</b> 	17	<b>Jambalaya*</b> Rice Pilaf Green Peas Pineapple Marble Rye Bread  Sodium 539 70 7 0 105	18	<b>Fish w/ Crumb Topping</b> Lemon Seasoned Potatoes Country Blend Veg. Apple Crisp Diet = Baked Apples Pumpnickel Bread Tartar Sauce  Sodium 224 179 22 63 14 135 85	19	<b>Garlic Herb Chicken</b> Cranberry Herb Stuffing Broccoli & Carrots Chocolate Mousse Whole Wheat Bread  Sodium 237 335 33 230 138	21	<b>Breaded Macaroni &amp; Cheese</b> Stewed Tomatoes Green Beans Fresh Fruit Italian Bread  Sodium 482 6 0 0 96
Calories=707 Carbs=104 Total Sodium = 846mg		Calories=752 Carbs=87 Total Sodium = 832mg		Calories=718 Carbs=88 Total Sodium = 1138mg		Calories=788 Carbs=96 Total Sodium = 708mg			
23	<b>Burger</b> Chili & Cheese Herbed Potatoes Green Beans Fresh Fruit Sandwich Roll  Sodium 150 297/90 7 0 0 248	24	<b>Swedish Meatballs</b> Mashed Potatoes Honey Glazed Carrots Pear Crisp Diet = Pears Italian Bread  Sodium 323 108 70 54 10 96	25	<b>Braised Beef</b> Gemelli Pasta Roasted Broccoli Peaches Marble Rye Bread  Sodium 197 8 15 5 105	24	<b>HIGH SODIUM</b> <b>Ranch Chicken*</b> Wild Rice Spinach Birthday Cake Diet = Small Piece Pumpnickel Bread  Sodium 554 280 87 221 110 135	27	<b>Vegetable Cheese Bake</b> Red Bliss Potatoes Peas & Carrots Lorna Doone Cookies Whole Wheat Bread  Sodium 416 17 30 147 138
Calories=823 Carbs=102 Total Sodium = 916mg		Calories=835 Carbs=88 Total Sodium = 776mg		Calories=893 Carbs=75 Total Sodium = 455mg		Calories=803 Carbs=88 Total Sodium = 1401mg		Calories=841 Carbs=84 Total Sodium = 873mg	
Dudley 508-949-6640 Franklin 508-520-1422 Spencer 508-885-5767 Southbridge 774-289-9438 West Brookfield 508-867-1411		Milford 508-478-8102 Northbridge 508-333-9635 Upton 978-907-5709 Uxbridge 774-482-6174		<b>Menus are Subject to Change</b> 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. 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.					