



The Silver Streak... March 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



March at the Senior Center

Take Heart! Spring weather is on its way!

Houseplant Box Workshop

(at the Senior Center with Bemis Farms Nursery)

Tuesday, March 17 at 12:30 PM

Cost: \$12.00 (payable on sign-up)

Please sign up by March 4.

Class size is limited to 20 participants.

This workshop is partially funded by the Friends of the Council on Aging.



Scams - Be Aware

(presented by the District Attorney's Office)

Monday, March 16 at 12:30 PM

Scams continue to be on the rise and several seniors in Worcester County have fallen prey to scammers' tactics. The District Attorney's Office can keep you informed of the types of scams that are active in our area and the tactics scammers use. Please reserve your seat for this important presentation.

Chair Massage

Thursday, March 19 at 11:00 AM

Restore with the healing hands of massage therapists. Appointments are required and space is limited. Please sign up at the Senior Center.

Mini Manicures

Thursday, March 12

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.

Music Bingo Thursday, March 12 12:30 PM



Enjoy an afternoon at the Center playing Music Bingo. No admission charge. Prizes!
Please sign up at the Senior Center.

Walk-In Medicare Help

with Ed Spater

Wednesday, March 18 at noon

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

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, March 2 at 12:30 PM

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

Rescheduled from January

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, 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.



Movie

Monday, March 30 at 12:30

License to Wed

(Starring Robin Williams, Mandy Moore and John Krasinski)

This is a zany, light-hearted romantic comedy about a young couple eager to walk down the aisle and the bride's minister, who aims to lower the divorce rate by busting up incompatible twosomes *before* the shoes and rice.



Daylight Savings Time begins on March 8.

Don't forget to turn your clocks **AHEAD** one hour.

I always have a valet park my car.
He can remember where he parks it.

Coming in April

- April 9 Healthy Eating on a Budget
- April 14 Blue Cross/ Blue Shield Information Table
- April 15 Spring Color Bowl with Bemis Farms
- April 16 In-Balance Chair Massage
- April 21 Music Bingo
- April 23 Caricatures
- April 29 Sleep Program

The Society of St. Vincent de Paul of Worcester and Hampden Counties offers *free curbside pick-up* of clothing, shoes, books, toys and household items. Funds received go to help our neighbors in need with (but not limited to) food, clothing, rent and utilities.

To schedule a free home pick-up, visit the website at <https://svdpworchester.org> and click on the "How You Can Help" tab, then choose "Schedule a Home Pick-Up." Complete the form.

Some items are not accepted. These include furniture, mattresses, soiled/stained items or bedding, tv's, microwaves and magazines.

Wish List

Sympathy Cards

Please remember that membership paid before March 31 will make you eligible for a discount for the annual Christmas party.

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 _____

Cabin Fever

What to do when being cooped up is getting you down

Cabin fever is a popular term for a relatively common reaction to being isolated or confined for an extended period of time. There are times you might find it difficult to leave home, such as during times of illness or bad weather. While you may feel ok at first, extended periods of being confined to your home can eventually lead to feelings associated with cabin fever, such as anxiety, loneliness, and poor mood. Learning to recognize these signs can help you find ways to cope.

Symptoms of Cabin Fever

Not everyone experiencing cabin fever will have exactly the same symptoms, but many people report feeling intensely irritable or restless.

Other commonly experienced effects are:

Changes in sleep patterns

Decreased motivation	Food cravings
Hopelessness	Lack of patience
Loneliness	Lethargy
Sadness or depression	Trouble concentrating

Note that these symptoms may also indicate a wide range of other psychological disorders. If these symptoms are impacting your functioning, see a trained mental health professional.

Causes of Cabin Fever

Social interaction and support are essential for well-being. People are likely to experience cabin fever when they feel like they are cut off from other people. This can result from illness or disability, moving to a new location or being cooped up due to inclement weather.

Coping with Cabin Fever

If your symptoms are relatively mild, taking active steps to combat your feelings may help you feel better. If they are impacting you more significantly, they are best addressed with the assistance of a therapist.

1. Get out of the house. If you can go outside, even briefly, take advantage of that opportunity. Research has found that spending time outside can help relieve stress, boost mood, and improve feelings of well-being.

Exposure to daylight can help regulate the body's

natural cycles, and exercise can release endorphins, creating a natural high. Even a quick stroll can help you feel better quickly. If you cannot leave the house, get close to a window with some sunshine coming in and find ways to be a little more active in the house.

2. Create a routine.

When you're cooped up at home, not having a daily schedule or routine can worsen feelings of cabin fever. Having regular routines can help people better cope with feelings of anxiety.

3. Maintain normal eating patterns.

For many of us, a day stuck at home is an excuse to overindulge in junk food. Others skip meals altogether. However, eating right can increase our energy levels and motivation. You may feel less hungry if you are getting less exercise but monitor your eating habits to ensure that you maintain the proper balance of nutrition. Limit high-sugar, high-fat snacks that make you feel lethargic, and drink plenty of water.

4. Set Goals.

When you are stuck in the house, you may be more likely to waste away time doing nothing of importance. This can make you feel like you don't have much purpose and can negatively impact your self-esteem. Set daily and weekly goals and track your progress toward completion. Make sure that your goals are reasonable, and reward yourself for reaching each milestone.

5. Use your brain.

Although TV can be a nice distraction, it is also relatively mindless. Work crossword puzzles, read books, or play board games. Stimulating your mind can help keep you moving forward and reduce feelings of isolation and helplessness.

6. Exercise.

Even if you cannot leave the house, find a way to stay physically active while indoors. Regular physical activity can help burn off any extra energy you have from being cooped up indoors. There are plenty of ways to be active in the house. Walk your stairs or pull out an old workout video.

Senior Center Note: If you are able to get out of the house, don't suffer! Come to the Senior Center. Have a cup of coffee or tea. Attend a program. Just hang out!

Stay Well!

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.

CHAIR MASSAGE FROM IN BALANCE HEALING MASSAGE & BODYWORK

Thursday, April 16, 2026

11:00AM-1:00PM

SEE SIGN-UP SHEET

Suggested donation: \$13.00

Join Melissa and Alicia for a relaxing chair massage right here at
the West Brookfield Senior Center!

Benefits for Elderly Participants

Gentle chair massage and bodywork can offer many positive effects for seniors, including:

- Reduced muscle tension and joint stiffness
- Improved circulation and mobility
- Relief from chronic pain and discomfort
- Decreased stress, anxiety, and feelings of isolation
- Enhanced relaxation and sense of well-being
- Support for emotional health through compassionate human touch

All sessions are adapted to each individual's comfort level, medical considerations, and physical abilities.

IN BALANCE HEALING MASSAGE & BODYWORK CENTER

ADDRESS: 394 MAIN ST., EAST BROOKFIELD, MA 01515

PHONE: 508-867-2700

WEBSITE: WWW.INBALANCEMASSAGE.NET

Francis Elliott, Certified Tour Director
Cell: 386-793-4295
travellingmanfb@bellsouth.net

LAKESHORE TOURS 2026 TRIPS

- Tuesday, April 14 ***Aqua Turf Club*** – Plantsville, CT
Dinner & Rock ‘n Roll Heaven Show
- Sunday, May 17 A Step-On Guide will ride on the Motorcoach with us for 2 and a half hours and share historical insights of the battles at ***Lexington and Concord*** and many skirmish sites, as well as pointing out other areas of interest. We will stop for lunch.
- Sunday, June 14 ***Boston Duck Tour*** (60 minutes on land and 20 minutes on water) This is a unique way to experience Boston. A lift is provided to make boarding easier.
We will stop for lunch.
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- Sunday, July 19 ***Kittery Trading Post*** in Maine for about 1 ½ hours before going to ***Foster’s Clam Bake***. A sightseeing ride through parts of Ogunquit en route to the ***Short Sands Beach in York*** for an hour’s stop to explore the beach, shops and sweets.
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- Sunday, Aug. 16 ***WooSox Baseball Game***. This includes a 2 hour hamburger/hot dog buffet in a reserved seating area on the 2nd level located just after 3rd base down the left field foul line.
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- Sunday, Sept. 13 Guided tour of the Norman ***Rockwell Museum*** in Stockbridge, MA. We will stop for lunch.
- Saturday, Oct. 11 ***Turkey Train*** A 2 hour scenic train ride along the shore of Lake Winnepesaukee with cooked turkey catered by the staff of Hart’s Turkey Farm Restaurant and served to you at your table.
- Sunday, Nov. 15 ***Newport Playhouse and Cabaret*** in Newport, RI
An all-you-can-eat buffet followed by dessert while you watch a cabaret show for approximately 1 hour and then enter the theater to see the play “On the Farce Day of Christmas”.

Trip prices will be available soon. One price includes everything.
More details available at the West Brookfield Senior Center.

March 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
	9:00 Functional Fitness (\$3) 10:00 Walking 12:30 Canasta 12:30 Hypnosis and You	9:00 Tai Chi (\$5) 10:00 Dunkin Divas 12:30 Busy Bees	10:00 Walking 10:00 Wednesday Quilters 12:15 Pitch	9:00 Foot Care 9:00 Chair Yoga (\$3) 12:15 MAHJongg	9:00 Zumba (\$3) 10:00 Walking 11:00 Bridge 12:15 Pitch	
8	9	10	11	12	13	14
	Closed	9:00 Tai Chi (\$5) 10:00 Dunkin Divas 12:30 Busy Bees	10:00 Walking 10:00 Wednesday Quilters 12:15 Pitch 1:00 Genealogy	9:00 Chair Yoga (\$3) 9:10 Mini Manicures 12:15 MAHJongg 12:30 Music Bingo 6:00 Quilt Meeting	9:00 Zumba (\$3) 10:00 Walking 11:00 Bridge 12:15 Pitch	
15	16	17	18	19	20	21
	9:00 Functional Fitness (\$3) 10:00 Walking 10:00 Vet Agent 12:30 Canasta 12:30 Scams with the District Attorney's Office	9:00 Tai Chi (\$5) 10:00 Dunkin Divas 12:30 Busy Bees 12:30 Houseplant Box Workshop with Bernis Farms	10:00 Walking 10:00 Wednesday Quilters 12:00 Walk-In Medicare Help 12:15 Pitch	9:00 Chair Yoga (\$3) 11:00 Chair Massage with In Balance 12:15 MAHJongg	9:00 Zumba (\$3) 10:00 Walking 10:00 Coffee Hour 10:00 Blood Pressure 11:00 Bridge 12:15 Pitch	10:00 Open Sew
22	23	24	25	26	27	28
	9:00 Functional Fitness (\$3) 10:00 Walking 12:30 Canasta 1:00 Book Club	9:00 Tai Chi (\$5) 10:00 Dunkin Divas 12:30 Busy Bees	10:00 Walking 10:00 Wednesday Quilters 12:15 Pitch	9:00 Chair Yoga (\$3) 12:15 MAHJongg	9:00 Zumba (\$3) 10:00 Walking 10:00 Hearing Clinic 11:00 Bridge 12:15 Pitch	
29	30	31	COA meeting cancelled this month. Due to unforeseen circumstances, the Senior Center will be closed on Monday, March 9.			
	9:00 Functional Fitness (\$3) 10:00 Walking 12:30 Canasta 12:30 Movie	9:00 Tai Chi (\$5) 10:00 Dunkin Divas 12:30 Busy Bees 6:30 Ham Radio				

TRI-VALLEY, INC. - MARCH 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Shepherd's Pie Carrots Peas Chocolate Pudding Diet = Chocolate Pudding Marble Rye Bread Calories: 852 Carbs: 96 Total Sodium: 680mg	3 Greek Chicken Steamed White Rice Broccoli Peaches Pumpkinickel Bread Calories: 671 Carbs: 74 Total Sodium: 878mg	4 Meatloaf with Gravy Garlic Mashed Potatoes Chuckwagon Corn Fresh Fruit Italian Bread Calories: 735 Carbs: 97 Total Sodium: 614mg	5 High Sodium Meal Hot Dog* Baked Beans Coleslaw Baked Apples Mustard Hot Dog Bun Calories: 841 Carbs: 94 Total Sodium: 1457mg	6 Frittata* O'Brien Potatoes Stewed Tomatoes Cookies Whole Wheat Bread Calories: 735 Carbs: 89 Total Sodium: 1174mg
9 Teriyaki Beef Steamed Rice Roasted Broccoli Pineapple Fortune Cookie Whole Wheat Bread Calories: 859 Carbs: 110 Total Sodium: 817mg	10 White Bean Chicken Chili* Brown Rice Green Beans Mandarin Oranges Marble Rye Bread Calories: 667 Carbs: 108 Total Sodium: 1190mg	11 Chicken Picatta Pasta California Blend Veg. Lemon Pudding Diet = Tapioca Pudding Pumpkinickel Bread Calories: 677 Carbs: 85 Total Sodium: 802mg	12 Salisbury Steak w/Gravy Garlic Mashed Potatoes Herbed Carrots Fresh Fruit Sandwich Roll Calories: 792 Carbs: 100 Total Sodium: 857 mg	13 Lemon Pepper Haddock Red Bliss Potatoes Mixed Vegetables Lorna Doones Marble Rye Bread Tartar Sauce Calories: 642 Carbs: 82 Total Sodium: 776mg
16 BBQ Chicken* Seasoned Potatoes Country Blend Vegetables Peaches Marble Rye Bread Calories: 603 Carbs: 76 Total Sodium: 866mg	17 High Sodium Meal Corned Beef* Boiled Potatoes Cabbage & Carrots Cheesecake Mousse Italian Bread Calories: 515 Carbs: 65 Total Sodium: 1498mg	18 Marinated Pork Loin Herbed Stuffing Rst Broccoli & Carrots Cookies Italian Bread Calories: 763 Carbs: 83 Total Sodium: 1107mg	19 Cranberry Chicken Salad Pasta Salad Tomato & Onion Salad Fresh Fruit Hot Dog Bun Calories: 752 Carbs: 89 Total Sodium: 759mg	20 Macaroni & Cheese Stewed Tomatoes Green Beans Fruited Ambrosia Italian Bread Calories: 887 Carbs: 96 Total Sodium: 763mg
23 Meatballs w/Onion Gravy Bowtie Pasta Peas Pineapple Whole Wheat Bread Calories: 722 Carbs: 89 Total Sodium: 497mg	24 Chicken Stir-Fry* Rice Pilaf Roasted Broccoli Fresh Fruit Pumpkinickel Bread Calories: 685 Carbs: 103 Total Sodium: 1162 mg	25 Vegetable Cheese Bake Red Bliss Potatoes Scandinavian Vegetables Mixed Fruit Whole Wheat Bread Calories: 759 Carbs: 80 Total Sodium: 747mg	26 Beef Bourguignon Garlic Mashed Potatoes Green Beans Birthday Cake Diet = Small Piece Italian Bread Calories: 844 Carbs: 77 Total Sodium: 876mg	27 Lentil Stew w/ Cheddar Cheese Steamed White Rice Jardiniere Vegetables Chocolate Mousse Marble Rye Calories: 789 Carbs: 107 Total Sodium: 1011mg
30 Roast Pork with Gravy Cranberry Stuffing Roasted Brussels Sprouts Applesauce Whole Wheat Bread Calories: 731 Carbs: 85 Total Sodium: 1121mg	31 Ziti with Meat Sauce* Mozzarella Cheese Broccoli & Red Peppers Baked Apples Italian Bread Calories: 681 Carbs: 84 Total Sodium: 924mg	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 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.		