

The Silver Streak... June 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 508-248-4299



June



at the



Senior Center



From the Director:

Hello everyone,

This is being written prior to any final decision being made. The newsletter is sent out for printing prior to any final discussions.

We at the WB Senior Center wanted to let you know of a few possibilities that might be coming up. Due to the failure of the 2 ½ override vote there will be many changes affecting our senior center. These changes will start on July 1, 2026. At this time, we are not certain if the WB Senior Center will be open 3 days per week (M, W, T) or if we will be permanently closed. No matter what transpires in the next few weeks, please know that we will continue to be transparent and honest with you. We will let you know the outcome as soon as we are able.

Varnum and Charbonneau Funeral Home Seminar followed by Luncheon

Tuesday, June 16 at 11:00 AM

Representatives from Varnum and Charbonneau Funeral Home will speak to us about the benefits of funeral pre-planning. This seminar will be followed by a summer luncheon- sandwiches, pasta salad, chips, watermelon and lemonade. (provided by the Funeral Home).

Please register at the Senior Center by June 10.

SHINE

Have questions about Medicare?

A SHINE counselor is available either by appointment at the West Brookfield Senior Center or by a telephone conversation.

SHINE counselors are state certified, unbiased volunteers who are current on changes in Medicare, additional insurance plans, and benefits.

Be prepared for your SHINE visit with your Medicare card, MassHealth card, insurance card, and any letters you received from the above sources.

Contact the SHINE counselor through the West Brookfield Senior Center (508) 867-1407 or the SHINE District Office at Tri-Valley, Inc. Dial: (508) 949-6640 ext. 3066).



We will no longer be able to accept donations.

Our storage space is up to capacity!

Thank you to everyone who has made donations. We appreciate you thinking of us.

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	Nancy Arsenault,
Irene White - Vice-Chair	Lisa Marie Berthel,
Betty Bliss - Secretary	Brede Woods and
	Paula Ye - Board Members

Staff: Kelly Hitt, Director
 Betty Frew, Program Coordinator
 Sue Raymond, Outreach Coordinator
 Michelle Dahart, Nutrition Site Manager

Pasta Bar – Build Your Own Pasta Bowl**Thursday, June 11 at noon***Offered by Tri-Valley*

Pasta will be featured along with a choice of tomato or alfredo sauce and a choice of

toppings such as meatballs, sweet Italian sausage, grilled chicken, roasted onions and peppers, broccoli, and sauteed mushrooms. Bread, milk and dessert are included.

Suggested voluntary donation: \$3.00 per meal payable on the day of the lunch.

Reservations REQUIRED. Please sign up by 3:00 PM on June 3.

Poetry ReadingCrimson Courageous*with local author Christine Omodi-Engola***Wednesday, June 10 at 1:00 PM**

Crimson Courageous is a heartwarming, uplifting look at life around us and the people we meet who help us to appreciate our world. The author draws you in to envision a more hopeful, more beneficial environment. Every reader and every listener finds immense enjoyment in the weaving of words to create a brilliant portrait of family, friendships, and resilience.

Please reserve your seat for this reading and discussion. The public is welcome.

Father's Day Ice Cream Social**Monday, June 22 at 12:30****Cost: \$2.00 (payable on sign up)**

Make your own sundae! Enjoy the afternoon eating ice cream and visiting with friends. Please sign up by Thursday, June 18.

Farmers Market on the West Brookfield Common

Rain or Shine

Every Wednesday

June – October 3 PM – 6 PM

Accepting WIC and Elder Coupons

**Special Program!****Life with Bill****A New Model for Aging****Thursday, June 18 at 11:00 AM**

"At ninety-two my dad came to live with us. I had no idea how it would transform my life," says Nick Kachulis.

Life with Bill is a performance of stories and music with local speaker Nick Kachulis that speaks to the value and vibrancy of our older years. A heartfelt tale of taking care of a parent in their later years, it invites us to recognize that our older years are not just full of struggle and discomfort, but of rebirth, rejuvenation and joy, even against unexpected odds.

The public is invited.

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.)

Resources Fair at the Senior Center**Wednesday, June 24****1:00 PM – 3:00 PM**

Live your best life –

Healthy, Active and Independent

What to expect

- Health and Wellness Vendors

Get expert information on staying active and healthy in your own home.

- Personalized Consultations:

Please bring your insurance cards to see if you are eligible for specific services and benefits.

- Prizes: Participate in Raffles and Giveaways!

Why attend?

This is a fantastic opportunity to connect with local health care providers and neighbors while learning how to maximize your wellness resources.

Please sign up by June 17.

Looking forward to seeing you there!

About Grief

(source: Care Central VNA and Hospice)

Grief may be experienced in response to physical losses, such as death, or in response to symbolic or social losses such as divorce or loss of a job. The grief experience can be affected by one's history and support system. Taking care of yourself and accessing the support of friends and family can help you cope with loss.

What does grief Feel Like?

Following a death or loss, you may feel empty and numb, as if you are in shock. You may notice physical changes such as trembling, nausea, trouble breathing, muscle weakness, dry mouth, or trouble sleeping or eating. Grieving is an individual process.

Feelings of deep sadness and sorrow are common in grief. These and other feelings and thoughts are common. Often, people find themselves engaging in behaviors that are different or unusual, or thinking in ways that are unfamiliar or disturbing. Finding their beliefs challenged in grief, many people experience a kind of "spiritual crisis" following loss.

You may become angry – at a situation, a person, or just angry in general. Guilt is a common response which may be easier to accept and overcome by looking at the experience in terms of "regret." When we think "I regret I was not in the room when he died" or "I regret that I was not able to speak more openly about dying, it is less critical than "I feel guilty about my behavior."

People in grief may have strange or disturbing dreams, be absent-minded, withdraw socially, or lack the desire to participate in activities that used to be enjoyable. While these feelings and behaviors are normal during grief, they will pass.

And from ICAHN school of Medicine at Mt. Sinai about spousal loss:

Some people who suffer spousal loss experience a period of shock or disbelief, during which there are no tears, life seems to go on as usual, and they may not talk about the loss. Then, seemingly out of nowhere, something triggers a reaction and there is a flood of sorrow or even anger at their spouse for leaving them. Other people can express emotion

from the time of their loss and are able to seek support from family, friends or support groups. These groups can be extremely helpful.

Resources for Grief Support

You do not have to go through grief feeling alone. There are groups that can help you:

- <https://forums.grieving.com/>

Grieving.com is an online community of people supporting each other. They are an amazing group of people from over 100 countries supporting one another through forums, grief circles, and readings.

- Charlton Baptist Church
50 Hammond Hill Rd. Charlton 01507
508-248-4488
Every Sunday 6 – 7:30 PM In person
They welcome everyone – not just church members who are grieving. This is a safe place to meet with other people who have experienced similar grief and have open discussions.
- The Bereavement Group
St. Francis Church in Belchertown
Call for more details 413-323-6272
- Grief Support Group
Sturbridge Senior Center
Call the Center for days and times
508-347-7575
- Grief Gathering Support Group
St. Paul's in Palmer (1060 Central St.)
Held twice monthly on the 1st and 3rd
Mondays at 1:00 PM.
Each meeting lasts approximately one hour.
Call for details 413-283-8185

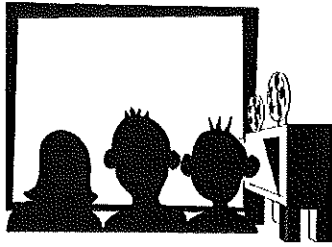
Elderbus News

The phone number for Elderbus has changed. It is now **508-248-4299**

When you call, you will hear music. Elderbus is experiencing a high volume of calls. Please stay on the line and someone will be with you as soon as they can.

Overheard:

I was listening to some rap music this afternoon. Not that I had a choice – it was coming out of a Jeep four miles away.



Movie

Flashdance

(starring Jennifer Beals)


Monday, June 8 at 12:30

Flashdance follows 18 year old Alex Owens, a welder by day and dancer by night, as she pursues her dream of becoming a professional ballerina while navigating love, ambition, and personal challenges.

June 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9:00 Functional Fitness (\$3) 9:00 Walking 12:30 Canasta 1:00 Book Club	2 9:00 Tai Chi (\$5) 10:00 Dunkin Divas 12:30 Busy Bees	3 9:00 Walking 10:00 Wednesday Quilters 12:15 Pitch 12:30 Butterfly Buffet with Bemis Farms	4 9:00 Foot Care 9:00 Chair Yoga (\$3) 12:15 MAHJonng 12:30 Bingo	5 9:00 Zumba Gold (\$3) 9:00 Walking 11:00 Bridge 12:15 Pitch	6	
7 9:00 Functional Fitness (\$3) 9:00 Walking 12:30 Canasta 12:30 Movie	8 9:00 Tai Chi (\$5) 10:00 Dunkin Divas 12:30 Busy Bees 1:00 Technology Workshop Social Media	9 9:00 Walking 9:30 SHINE (by appt.) 10:00 Wednesday Quilters 11:15 Rep. Berthaume Office Hours with Donna Farmer 12:15 Pitch 1:00 Poetry Reading	10 9:00 Chair Yoga (\$3) 9:10 Mini-manicures 12:00 Pasta Bar by Tri-Valley 12:15 MAHJonng 6:00 Quilt Meeting	11 9:00 Zumba Gold (\$3) 9:00 Walking 10:00 Coffee Hour 10:00 Blood Pressure 11:00 Bridge 12:15 Pitch	12	13
14 9:00 Functional Fitness (\$3) 9:00 Walking 10:00 Hearing Clinic 10:00 Vet Agent 12:30 Canasta	15 9:00 Tai Chi (\$5) 10:00 Dunkin Divas 11:00 Varnum Funeral Home Seminar followed by Lunch 12:30 Busy Bees	16 9:00 Walking 10:00 Wednesday Quilters 12:00 Medicare Help 12:15 Pitch	17 9:00 Chair Yoga (\$3) 10:15 COA Meeting 11:00 Life with Bill 12:15 MAHJonng	18 Closed For Juneteenth	19	20 10:00 Open Sew
21 9:00 Functional Fitness (\$3) 9:00 Walking 12:30 Canasta 12:30 Father's Day Ice Cream Social	22 9:00 Tai Chi (\$5) 10:00 Dunkin Divas 12:30 Busy Bees	23 9:00 Walking 10:00 Wednesday Quilters 1:00 Resources Fair	24 9:00 Chair Yoga (\$3) 9:00 Foot Care Clinic 12:15 MAHJonng 12:30 Bingo	25 9:00 Zumba Gold (\$3) 9:00 Walking 11:00 Bridge 12:15 Pitch	26	27
28 9:00 Functional Fitness (\$3) 9:00 Walking 12:30 Canasta	29 9:00 Tai Chi (\$5) 10:00 Dunkin Divas 12:30 Busy Bees 6:30 Ham Radio	30				

TRI-VALLEY, INC. - JUNE 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Salisbury Steak w/Gravy Garlic Mashed Potatoes Peas & Mushrooms Lorna Doones Sandwich Roll Calories: 887 Carbs: 107 Total Sodium: 996mg	2 ∞ Frittata* O'Brien Potatoes Stewed Tomatoes Vanilla Pudding Dt. = SF Vanilla Pudding Italian Bread Calories: 738 Carbs: 78 Total Sodium: 1,155mg	3 Chicken Picatta Pasta Green Beans Fruited Ambrosia Pumpernickel Bread Calories: 700 Carbs: 87 Total Sodium: 641mg	4 Teriyaki Beef Steamed Rice Roasted Broccoli Pineapple Fortune Cookie Whole Wheat Bread Calories: 859 Carbs: 110 Total Sodium: 817mg	5 Lemon Pepper Fish Lemon Seasoned Potatoes Mixed Vegetables Fresh Fruit Marble Rye Bread Tartar Sauce Calories: 696 Carbs: 96 Total Sodium: 712mg
8 ∞ Macaroni & Cheese Stewed Tomatoes Jardiniere Vegetables Yogurt Marble Rye Bread Calories: 831 Carbs: 102 Total Sodium: 811mg	9 Meatballs w/Onion Gravy Bowtie Pasta Scandanavian Vegetables Pineapple Pumpernickel Bread Calories: 670 Carbs: 82 Total Sodium: 518mg	10 Marinated Pork Loin Cornbread Stuffing California Blend Baked Apples Whole Wheat Bread Calories: 676 Carbs: 87 Total Sodium: 955mg	11 BBQ Chicken* Mashed Potatoes Green Beans Chocolate Pudding Diet = SF Chocolate Italian Bread Calories: 656 Carbs: 80 Total Sodium: 1,174 mg	12 Ham Salad* Pasta Salad Tomato & Onion Salad Fresh Fruit Pita Bread Calories: 651 Carbs: 78 Total Sodium: 1,193mg
15 Chicken Stir-Fry* Steamed Rice Rst Broccoli Fresh Fruit Pumpernickel Bread Calories: 718 Carbs: 108 Total Sodium: 1,193mg	16 Beef Bourguignon Garlic Mashed Potatoes Country Blend Vegetables Mixed Fruit Italian Bread Calories: 742 Carbs: 82 Total Sodium: 623mg	17 Lasagna & Meatballs Marinara Sauce Peas & Carrots Baked Cinnamon Pears Whole Wheat Bread Calories: 688 Carbs: 92 Total Sodium: 1,138mg	18 Father's Day Meal Stuffed Chicken w/ Gravy Cranberry Stuffing Brussels Sprouts Tiramisu Cupcakes Diet = Cheesecake Mousse Dinner Roll Calories: 928 Carbs: 95 Total Sodium: 1,169mg	19 Juneteenth 
22 Garlic Brown Sugar Chicken Mashed Potatoes Honey Glazed Carrots Vanilla Mousse Whole Wheat Bread Calories: 703 Carbs: 88 Total Sodium: 952mg	23 Ziti with Meat Sauce* Mozzarella Cheese California Vegetables Green Beans Fresh Fruit Italian Bread Calories: 720 Carbs: 91 Total Sodium: 931mg	24 High Sodium Meal Hot Dog* Baked Beans Coleslaw Baked Apples Mustard Hot Dog Bun Calories: 841 Carbs: 94 Total Sodium: 1,457mg	25 ∞ Vegetarian Chili w/ Cheese Roasted Potatoes Country Blend Vegetables Birthday Cake Diet = Small Piece Marble Rye Bread Calories: 853 Carbs: 110 Total Sodium: 970mg	26 Beef Enchilada w/ Cheese* Spanish Rice Chuckwagon Corn Pineapple Pita Bread Sour Cream Calories: 728 Carbs: 97 Total Sodium: 1,179mg
29 High Sodium Meal Bahn Mi Pork w/ BBQ Sauce Carrots Coleslaw Baked Cinnamon Pears Sandwich Roll Mayo Calories: 784 Carbs: 89 Total Sodium: 1,422mg	30 ∞ Lentil Stew w/ Cheddar Cheese Steamed White Rice Jardiniere Vegetables Fruited Ambrosia Marble Rye Bread Calories: 834 Carbs: 106 Total Sodium: 837mg	31 Hot Dog* Baked Beans Coleslaw Baked Apples Mustard Hot Dog Bun Calories: 841 Carbs: 94 Total Sodium: 1,457mg	32 Vegetarian Chili w/ Cheese Roasted Potatoes Country Blend Vegetables Birthday Cake Diet = Small Piece Marble Rye Bread Calories: 853 Carbs: 110 Total Sodium: 970mg	33 Beef Enchilada w/ Cheese* Spanish Rice Chuckwagon Corn Pineapple Pita Bread Sour Cream Calories: 728 Carbs: 97 Total Sodium: 1,179mg

MENUS 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 concern regarding sodium, contact our Nutritionist for guidance on managing your dietary needs.

mg = milligrams *Indicates higher sodium entrees >500mg Totals include 125mg of sodium for milk
 Carbs are listed for "Diabetic Friendly Meal" purposes. ∞ Indicates a meatless meal.

Dudley 508-949-6640
 Franklin 508-520-1422
 Northbridge 508-333-9635
 Milford 508-478-8102
 Upton 978-907-5709
 Southbridge 774-289-9438

Spencer 508-885-5767
 Uxbridge 774-482-6174
 W. Brookfield 508-867-1411