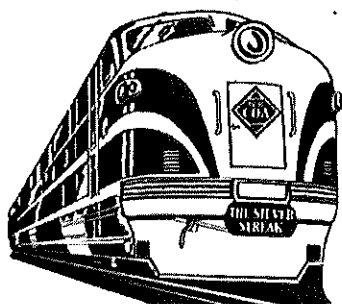




The Silver Streak...

October 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

Elder Bus 508-248-4299

October

at the

Senior Center



Stay Safe from Fraud!

(presented by Country Bank)

Monday, October 19 at 12:30

The holidays are coming. Be aware! Get the necessary knowledge to protect yourself.

Black cats, Ravens, Spider webs, oh my! October is such a wonderful month, a kaleidoscope of smells, sounds and activities. It draws you in with the thoughts of a warm blanket on a slightly chilly afternoon, a glass of apple cider, a gathering of friends around a campfire. Throw in some spooky stories of ghosts or gremlins, and you have a pretty interesting memory being made.

Speaking of spooky,
please join us on **October 20th @ 12:30 pm for Gothic Ghost Tales by Candlelight!**

Rita Parisi from Waterfall Productions will narrate adapted haunting tales by 20th century writers, Agatha Christie, Rose Macaulay, and Virginia Layefsky. Each tale is steeped in suspense, psychological mystery, and the uncanny crafted to chill the spine and stir your imagination, all illuminated by the flicker of an electric candlelight!
SIGN UP IS REQUIRED.

This presentation is made possible by the West Brookfield Cultural Council and the WBSC Friends.

Advance Planning Seminar

Wednesday, October 14 at 11:00

Plan Today for a More Peaceful Tomorrow

(presented by Varnum & Charbonneau & Kristen Russell-May Funeral Director of Advance Planning)

Join us for an informative seminar about the importance of advance planning, your options, and how it can bring peace of mind to you and your loved ones. **Lunch will be provided after the seminar. Seating is limited. Please call us or stop in to sign up.**

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
Sue Raymond, Outreach Coordinator
Michelle Dahart, Nutrition Site Manager

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

COFFEE HOUR**Friday, October 16 at 10:00 AM**

Join us and a few of your friends for a warm cup of coffee or tea. Gather at the table and catch up on the local news, events around us, or discuss other topics of interest with others. Have your blood pressure taken by Emmaline from Quaboag on the Common.

Please sign up at the Senior Center.

Fuel Assistance Guidance Available

It is that time of year.

Our outreach coordinator, Susan Raymond, is available by appointment to guide you in finding out if you are eligible for Fuel Assistance or to help you with filling out your renewal application.

For one person your annual income can be up to \$53,585. Please give us a call at 508-867-1407.

We would love to be able to help you.

**Advance Notice, mark
your calendar.**

**Veterans' Breakfast****Nov. 11TH 8 AM - 10 AM**

To all Veterans and a guest,

You are cordially invited to join us for a free breakfast on November 11 from 8 AM – 10 AM.

The menu is as follows:

Bacon
Scrambled eggs
Pancakes
Coffee, tea, juice

Please call or sign up BY November 4th at the Senior Center!

LOCAL AUTHOR PRESENTATION!**ED LONDERGAN****HAS A NEWLY RELEASED BOOK!****A THOUSAND MILES FROM HOME**

Getting on the wrong bus changed Sam Parker's life. He had walked away from his family twelve years earlier, trying to find his place in the world. His wanderings uncovered things he hoped to find and others he wanted to forget. Surrendering to his demons brings him to rock bottom, with nowhere to go but up. After falling in love with the woman who saved him, an overpowering dream compels him to finish his journey. Knowing he might never see her again, it was heartbreaking when he had to leave her. When he reaches his destination, the startling news awaiting him turns his life upside down and leads to a future he could never have imagined, including his estranged brother fulfilling a promise neither of them wants to keep.

PLEASE JOIN US ON OCTOBER 22ND AT 12:30

Books will be available for purchase.

SIGN UP IS REQUIRED

Book Club meets on October 26 @ 1 pm

ANGEL FALLS

(by Kristen Hannah)

A Beloved wife, and mother falls into a coma and it is up to her husband to hold their family together. It looks hopeless but then her husband discovers evidence of his wife's secret past: A first marriage to a movie star named Julian True. Desperate to bring his wife back he must turn to Julian for help.

Insurance appointments with Ed Spater

9:00 am — 2:00 pm.

on October 21st & October 28th. Please go on-line to schedule your appointment. This can be done at www.extraordinarybenefits.com

October is National Fire Prevention Month
Here are some commonsense tips to review.

Home Fire Safety Tips

(source: American Red Cross)

Home fires are the most common type of emergency in the US. Prepare now to protect yourself, your loved ones and your home. You can prevent home fires by following basic safety tips.

Cooking Safety

Cooking fires are the leading cause of home fires and home fire injuries.



- Stay in the kitchen and closely monitor your meal. Keep an eye on what you fry!
- Keep anything that can catch fire – oven mitts, utensils, food packaging, towels or curtains – away from your stove.
- If you have a small cooking fire:
 1. On a stovetop, smother the flames by sliding a lid over the pan and turning off the burner. Leave the pan covered until it is completely cooled.
 2. For an oven fire, turn off the heat and keep the oven door closed.

If in doubt, just get out! If flames spread to objects beyond the stove or oven, evacuate immediately. When you leave, close the door behind you. Call 911 from outside the home.

Candle Safety

- Avoid using candles because of fire risk. Use battery-powered lights and flashlights instead.
- If you must use a candle, use extreme caution and never leave it unattended.

Smoking Safety

Smoking is a leading cause of home fire deaths.

- If you smoke, do it outside. Make sure to extinguish smoking materials in a deep and sturdy ashtray.
- Never smoke or allow anyone to smoke where medical oxygen is used.
- Never smoke in bed.
- Use e-cigarettes with caution

MINI-MANICURES

October 8th starting at 9:00 am.
Please call to schedule an appointment.

Medicare Open Enrollment is Here!

(source: Tri-Valley SHINE)

Medicare Open enrollment runs from October 15th through December 7th. This is an important opportunity to review your Medicare Advantage and Part D prescription drug coverage for the upcoming year.

You do not have to make a change simply because it is Open enrollment, but you should take this opportunity to review your options as premiums, prescription costs, medication formularies, and provider networks can change from year to year. Changes made during this period generally take effect January 1st.

****Our Senior Center has a SHINE counselor that visits frequently. To schedule an appointment, please call.**

CREATE A "RAVEN" PORCH POT

OCT. 8TH @ 12:30 pm.

Bemis Nurseries will be here to help you create a dramatic fall porch pot with a raven inspired Halloween look, seasonal plants, and loads of Bemis style whimsy using black and white plants and pots! **Cost per pot is \$15, payable at sign up.**

UPCOMING EVENTS

Magdalana Grace Siegel - presentation from her "Live Learn & Pass it on with Magdalana" series on Nov. 4th @ 12:30 pm.

Veterans' Breakfast

Nov. 11th @ 8 am – 10 pm, Sign-up required by Nov. 4th

BC Medex Presentation – Nov. 16th @ 12:30 pm

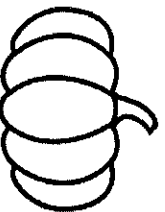
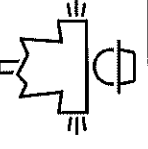
Motivation Presentation – Nov. 17th @ 11:00 am

WISH LIST

ITEMS FOR THE WHITE CHRISTMAS HOLIDAY BASKET

ITEMS FOR THE CHINESE AUCTION

OCTOBER 2026 - TRI-VALLEY, INC.

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 any 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, 13gm Carbs & 125mg of sodium for milk. Carbs are listed for "Diabetic Friendly Meal" purposes ∞ Indicates a meatless meal			
5 Teriyaki Beef Vegetable Fried Rice Broccoli Pineapple Fortune Cookie Whole Wheat Bread Calories=742 Total Sodium = 933 mg Carbs = 103	6 Meatloaf w/ Gravy Garlic Mashed Potatoes Scandinavian Vegetables Fresh Fruit Marble Rye Bread Calories=725 Total Sodium = 652 mg Carbs = 92	7 Roast Turkey* w/ Gravy Mashed Sweet Potatoes Peas & Mushrooms Apple Crisp Diet = Applesauce Dinner Roll Calories=760 Total Sodium = 1179 mg Carbs = 101	8 ∞ Macaroni & Cheese Stewed Tomatoes Green Beans Tapioca Pudding Diet = SF Tapioca Italian Bread Calories=857 Total Sodium = 918 mg Carbs = 93	9 Chicken Tiki Masala Couscous Rst. Cal. Vegetables Loma Doones Pumpernickel Bread Calories=720 Total Sodium = 846 mg Carbs = 88
12 HOLIDAY No Meal Served 	13 HIGH SODIUM Pork Rib-I-que w/ BBQ Sauce Mac 'n Cheese Green Beans Mandarin Oranges Sandwich Roll Calories=759 Total Sodium = 1243mg Carbs = 102	14 Sloppy Joe's* Herbed Potatoes Mixed Vegetables Fresh Fruit Sandwich Roll Calories=831 Total Sodium = 1059 mg Carbs = 123	15 Chicken Cacciatore Gemelli Pasta Rst. Broccoli & Carrots Blueberry Crisp Diet = Applesauce Italian Bread Calories=798 Total Sodium = 835 mg Carbs = 88	16 Fish w/ Crumb Topping Lemon Seasoned Potatoes Tuscan Style Vegetables Jello Sandwich Roll Tartar Sauce Calories=663 Total Sodium = 898 mg Carbs = 83
19 Honey Mustard Pork* Red Bliss Potatoes Carrots Fresh Fruit Dinner Roll Sodium 817 Sodium 17 Sodium 53 Sodium 1 Sodium 113	20 Spaghetti & Meatballs Marinara Sauce* Green Beans Baked Cinnamon Pears Italian Bread Sodium 211 Sodium 763 Sodium 0 Sodium 5 Sodium 96	21 Chicken Cranberry Salad Pasta Salad Three Bean Salad Fruited Ambrosia Hot Dog Bun Sodium 272 Sodium 172 Sodium 304 Sodium 55 Sodium 195	22 Garlic Herbed Chicken Herbed Stuffing Rst. Brussels Sprouts Birthday Cake Diet = Half Piece Pumpernickel Bread Sodium 257 Sodium 355 Sodium 9 Sodium 221 Sodium 110 Sodium 135	23 Beef Stir Fry Steamed Rice Broccoli & Red Peppers Oreos Marble Rye Bread Sodium 443 Sodium 101 Sodium 15 Sodium 150 Sodium 105
26 ∞ Vegetable Cheese Bake Herbed Potatoes Green Beans Yogurt Whole Wheat Bread Calories=852 Total Sodium = 761 mg Carbs = 87	27 Burger Veggie Chili & Cheese Sweet Potato Fries Rst. California Blend Blueberries w/ Whip. Top. Sandwich Roll Sodium 150 Sodium 150/90 Sodium 172 Sodium 32 Sodium 8 Sodium 248	28 Jambalaya* Rice Pilaf Green Peas Pineapple Marble Rye Bread Sodium 539 Sodium 70 Sodium 7 Sodium 0 Sodium 105	29 Braised Beef Gemelli Pasta Broccoli Peaches Italian Bread Sodium 197 Sodium 8 Sodium 16 Sodium 5 Sodium 96	30 Ranch Chicken* Vegetable Couscous Spinach Pumpkin Mousse Pumpernickel Bread Sodium 554 Sodium 77 Sodium 87 Sodium 178 Sodium 135
Dudley 508-949-6640 Franklin 508-520-1422	Milford 508-478-8102 Northridge 508-333-9635	Upton 978-907-5709 Southridge 774-289-9438	Spencer 508-885-5767 Uxbridge 774-482-6174	W. Brookfield 508-867-1411

~ October 2026 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 9:00 Country Line (\$5) 12:15 Mahjong 12:30 Bingo	2 9:00 Walking 9:00 Zumba Gold (\$3) 11:00 Bridge 12:15 Pitch	3
4 Historical Society	5 9:00 Walking 9:00 Functional Fitness (\$3) 11:15-12:15 Rep. Berthiaume, Office hours with Donna Farmer 12:30 Canasta	6 9:00 Tai Chi (\$5) 10:00 Dunkin Divas 12:30 Busy Bees	7 9:00 Walking 9:00 Chair Yoga (\$3) 10:00 Wednesday Quilters 12:15 Pitch	8 9:00 Foot Care Clinic 9:00 Country Line (\$5) 9:00 Mini Manicures 12:30 Mahjong 12:30 Raven Porch Pot with Bemis nurseries (\$15) – sign up needed 6:00 Quilt Meeting	9 9:00 Walking 9:00 Zumba Gold (\$3) 11:00 Bridge 12:15 Pitch	10
11	12 CLOSED Columbus Day	13 9:00 Tai Chi (\$5) 10:00 Dunkin Divas 12:30 Busy Bees	14 9:00 Walking 9:00 Chair Yoga (\$3) 10:00 Wednesday Quilters 11:00 Advance Planning Seminar with Varnum & Charbonneau Funeral Homes 12:15 Pitch	15 9:00 Country Line (\$5) 10:15 COA Meeting 12:15 Mahjong 12:30 Bingo	16 9:00 Walking 9:00 Zumba Gold (\$3) 10:00 Blood Pressure 10:00 Coffee Hour 11:00 Bridge 12:15 Pitch	17
18	19 9:00 Walking 9:00 Functional Fitness (\$3) 9:30 SHINE (appt. needed) 10-2:00 Flu Clinic 12:30 Canasta 12:30 Country Bank Fraud	20 9:00 Tai Chi (\$5) 10:00 Dunkin Divas 12:30 Busy Bees 12:30 Gothic Tales By Candlelight – Please sign up –	21 9:00 Walking 9:00 Chair Yoga (\$3) 10:00 Wednesday Quilters 9:00 – 2:00 Insurance Appointments with Ed Spater 12:15 Pitch	22 9:00 Country Line (\$5) 12:15 Mahjong 12:30 Local Author, Ed Londergan, “A Thousand Miles from Home”	23 9:00 Walking 9:00 Zumba Gold (\$3) 11:00 Bridge 12:15 Pitch	24 10:00 Open Sew
25	26 9:00 Walking 9:00 Functional Fitness (\$3) 12:30 Canasta 12:30 Cribbage 1:00 Book Club	27 9:00 Tai Chi (\$5) 10:00 Dunkin Divas 12:30 Busy Bees 6:30 Ham Radio	28 9:00 Walking 9:00 Chair Yoga 10:00 Wednesday Quilters 9:00 – 2:00 Insurance Appointments with Ed Spater 12:15 Pitch	29 9:00 Foot Care Clinic 9:00 Country Line (\$5) 9:30 SHINE (appt. needed) 11:30 – 2:00 Crock Pot – Pot Luck Halloween Lunch 12:15 Mahjong	30 9:00 Walking 9:00 Zumba Gold (\$3) 10:00 Hearing Clinic 11:00 Bridge 12:15 Pitch	31



WHITE CHRISTMAS will be held on

Sunday, December 6th.

We are asking for donations for our **Holiday Basket.**

Suggested items are practical & fun:

Kitchen & dish towels, dish detergent, body wash, aluminum foil, cupcake liners, storage baggies, garbage bags, oven mitts, fleece throws, socks, warm hats, mittens, scarves, **gift cards**, holiday cookies, chocolate, cake & brownie mixes, hot cocoa, coffee, tea, popcorn, boxed mac & cheese, etc.

Please drop off any donations to the senior center by November 19th. Thank you so much! We hope to see you at our Center on White Christmas!



We are seeking donations for the Chinese Auction.

Items need to be new but do not have to
be expensive.

Children's items are very welcome.

Please drop off any donations to the
senior center by November 19th.



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