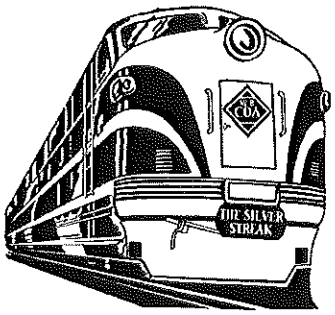


The Silver Streak...

November 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 / Meals:
khitt@wbrookfield.com
ElderBus 508-248-4299

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.



November at the Senior Center

Message from the Director

November has arrived! Cooler breezes, bare trees, and even the possibility of a few snowflakes! Wow, has 2026 flown by!

We've been keeping busy here at the Senior Center, and we're excited to welcome Jennifer Whelan, our new Program Coordinator! If you haven't had a chance to meet Jen yet, please stop in and say hello. Jen brings a wealth of knowledge and experience in all things digital. Be sure to check out her Digital Drop-Ins and themed Digital Workshops, with even more exciting programs on the way! We're thrilled to be able to offer her expertise to our community.

On a bittersweet note, we have some news to share. Susan Raymond, our Outreach Coordinator, will be leaving her position at the Senior Center on November 30th. While we're sad to see Sue go, we wish her all the best in her next chapter!

Please join us on Monday, November 30th, between 11:30 a.m. and 2:00 p.m. for a farewell gathering in Sue's honor. Light refreshments and beverages will be served. Stop by, share a memory, and help us wish her well!

The good news is that Sue won't be a stranger! She plans to continue joining us for various activities, so we'll still have plenty of opportunities to see her smiling face around the Center.

Here's another wonderful month of friendship, learning, and community!

-Kelly Hitt, Director

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

Decluttering Ideas: A Little at a Time!

As colder weather settles in, we spend more time indoors. Why not use this opportunity to tackle some clutter?

Whether downsizing or simply getting organized, decluttering can feel overwhelming, but it can also bring a wonderful sense of relief and accomplishment!



Here are a few tips to get started:

Start Small: Begin with a drawer, cabinet, or closet shelf rather than an entire room. Small accomplishments add up!

What Can Go? Old magazines, outdated paperwork, unidentified cables, and unused VHS tapes are good places to start. Shred personal documents and donate or recycle when possible.

Let It Go: Not everything needs to be saved "just in case." Consider passing along items you no longer need.

Celebrate Your Progress: Decluttering isn't a race! Every little bit counts.

Remember: It's not about getting rid of everything, but making room for what truly matters!

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
Jennifer Whelan, Program Coordinator
Sue Raymond, Outreach Coordinator
Michelle Dahart, Nutrition Site Manager



Digital Literacy Workshops & Digital Drop-Ins

Want to feel more confident using technology? Whether you're just getting started or looking to learn something new, join us for friendly, informative sessions designed for all skill levels!

Digital Literacy Workshops (60–90 minutes): Each workshop will focus on a specific topic, such as using smartphones, navigating the internet, email, online safety, and more. Preregistration is encouraged.

Digital Drop-Ins (60 minutes): Have a question or need help with your phone, tablet, or laptop? Bring your device and your questions for informal, individualized assistance.

No question is too small, and no previous experience is necessary. Come learn something new at your own pace!



Sourdough Bread: From Starter to Loaf!

Curious about sourdough baking? Join us for a fun, beginner-friendly workshop where you'll learn what sourdough is, how to feed and care for a starter, and the steps and timing involved in making your own homemade bread.

Each participant will take home a live sourdough starter and a recipe card with step-by-step instructions for baking their first loaf at home. What to bring: A clean glass jar with a lid and a digital kitchen scale (if you have one).

No baking experience necessary! Please note that no bread will be baked during the workshop. Preregistration is required so we can prepare enough starter for everyone.



Annual Christmas Party at Salem Cross Inn

Tuesday, December 15, 2026

Doors open at 11:30 AM

Menu: Salad
Pot Roast or Chicken Pot Pie
Ice cream sundae

As we've noted in previous newsletters, those who paid Friends membership by March 31 will receive a discount on the meal.

Cost: *with* Friends membership by Mar 31- $24.00
without Friends membership by Apr 1-$34.00
Payment and entrée choice due at sign-up.

Please sign up by December 9.

Veterans Appreciation Breakfast

Wednesday, Nov. 11



8:00 - 10:00 AM

In honor of our veterans, we will have our annual veterans breakfast.

Please sign up ahead of time so we can know that you will be attending.

A Heartfelt Tribute to our Veterans

Forever grateful, our hearts must sing
For all you've done, the hope you bring
In quiet moments, we pause to pray
for those who fought to light the way.



The freedom we cherish,
the peace we see,
A tribute to your bravery
In every flag that flies up high
Your legacy humbles,
lifts us up to the sky.



Fuel Assistance

Sue, our outreach worker, is still available until the end of the month to help process fuel assistance applications. If you haven't applied, call the Senior Center at 508-867-1407 and ask for Sue. She can tell you if you qualify and help you fill out the application form.

Engage Your Mind- Ignite Your Ideas



With Magdalana G. Siegel on Nov 4th at 12:30 pm. Part of the Elder Lecture Series New England which was designed to support emotional wellbeing and the enhancement of dignity for seniors. Please join us for this up-lifting discussion. Question and answer period following presentation.



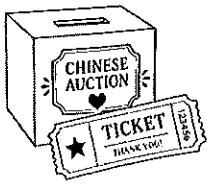
Your Goals, Your Journey

Set S.M.A.R.T. goals and build consistency to achieve results. Join us on Tuesday, Nov. 17th at 11:00 am to help discover ways to MOTIVATE yourself

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Donations Needed

We are seeking donations for the Chinese auction. Items need to be new but do have to be expensive. Children's items are very welcome. Please drop off any donations to the Senior Center by Nov. 19th



Turn Them Back!



Daylight Savings Time ends on November 2. Don't forget to set your clocks back 1 hour.

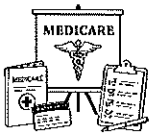
White Christmas Donations Needed

This year's White Christmas will be held on **Sunday, December 6th**, and we are collecting donations for our holiday basket!

We welcome both practical and fun items, such as kitchen towels, dish soap, body wash, foil, storage bags, oven mitts, fleece throws, socks, hats, mittens, scarves, **gift cards**, holiday treats, baking mixes, hot cocoa, coffee, and popcorn.

Please drop off donations at the Senior Center by November 19th. Thank you for helping make the holidays a little brighter!

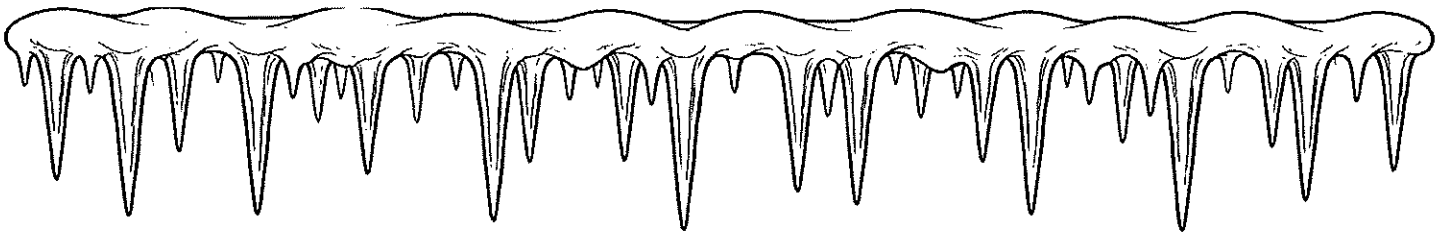
Know Your Medicare Options



Join us as Susan Flanagan, a representative from Blue Cross Blue Shield, explains the basics of Medicare and how Medex Medicare Supplement plans work.

Learn how Medex can help cover some of the out-of-pocket expenses that Original Medicare doesn't pay, including deductibles and coinsurance. This informative presentation is a great opportunity to better understand your Medicare coverage and available options. A question-and-answer session will follow the presentation, so be sure to bring your questions!





Inclement Weather Policy

West Brookfield Senior Center Weather Policy

For everyone's safety, the West Brookfield Senior Center follows the **Quaboag Regional School District's weather-related closings and delays.**

If schools are closed due to inclement weather, the Senior Center will also be closed. If schools have a one- or two-hour delay, the Senior Center will follow the same schedule.

School closings and delays can be found through:

- **Online:** www.quaboagrs.org
- **Television:** Local news channels 5 and 7
- **Radio:** WTAG or online at wtag.iheart.com

Your safety is our priority. Please use caution when traveling during winter weather!

~ November 2026 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 9:00 Functional Fitness ($3) 10:00 Walking 12:30 Canasta	3 **Closed State Elections**	4 9:00 Chair Yoga ($3) 10:00 Quilters Group 10:00 Walking **9am-2pm Insurance Appointments with Ed Spater** 12:15 Pitch **12:30 Magdalana**	5 **9:00 Country Line Dancing ($5)** 12:15 Mahjong 12:30 Bingo **12:30 Insurance guidance with Maggie Mood**	6 9:00 Zumba Gold ($3) 10:00 Walking 11:00 Bridge 12:15 Pitch	7
8	9 9:00 Functional Fitness ($3) **9:30 SHINE** 10:00 Walking 12:30 Canasta **12:30 Cribbage**	10 9:00 Tai Chi ($5) 10:00 Dunkin Divas **11:00 Sourdough Basics** 12:30 Busy Bees	11 **Closed Veterans' Breakfast**	12 **9:00 Country Line Dancing ($5)** **9:00 Foot Care Clinic** **10:30 Digital Drop-In** 12:15 Mahjong 6:00 Quilt Meeting	13 9:00 Zumba Gold ($3) 10:00 Walking 11:00 Bridge 12:15 Pitch	14
15	16 9:00 Functional Fitness ($3) **9:30 SHINE** 10:00 Walking 12:30 Canasta **12:30 Blue Cross Medex Presentation**	17 9:00 Tai Chi ($5) 9:30 SHINE 10:00 Dunkin Divas **10:30 Digital Workshop** **11:00 Motivation-set S.M.A.R.T. goals, etc.** 12:30 Busy Bees	18 10:00 Walking 10:00 Quilters Group **9am-2pm Insurance Appointments with Ed Spater** 12:15 Pitch	19 **9:00 Line Dancing ($5)** **9:00 Mini manicures ($5)** 10:15 COA Meeting **11:30 Digital Drop-In** 12:15 Mahjong 12:30 Bingo	20 9:00 Zumba Gold ($3) 10:00 Walking 10:00 Hearing Clinic **10:00 Blood Pressure** **10:00 Coffee Hour** 11:00 Bridge	21
22	23 9:00 Functional Fitness ($3) 10:00 Walking 12:30 Canasta **12:30 Cribbage**	24 9:00 Tai Chi ($5) **9:30 SHINE** 10:00 Dunkin Divas 12:30 Busy Bees 6:30 Ham Radio	25 10:00 Walking 10:00 Quilters Group **9am-2pm Insurance Appointments with Ed Spater** 12:15 Pitch	26 **Thanksgiving**	27 **Closed for** Thanksgiving Holiday	28 10:00 Open Sew
29	30 9:00 Functional Fitness ($3) 10:00 Walking 12:30 Canasta			**No Book Club November or December**		

November 2026 - Tri-Valley, Inc.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	Sodium	3 *High Sodium Meal*	Sodium	4	Sodium	5 ∞	Sodium	6	Sodium
American Chop Suey	186	**Hot Dog***	540	**Chicken Pot Pie**	241	**Baked Potato**	7	**Meatballs**	260
Green Beans	0	Baked Beans	370	Mashed Potatoes	108	**w/ Veg. Chili & Cheese**	387	**w/Onion Gravy**	85
Roasted California Blend	32	Coleslaw	162	Mixed Vegetables	30	Broccoli	16	Bowtie Pasta	8
Fresh Fruit	0	Baked Apples	14	Lorna Doone Cookies	147	Chocolate Mousse	230	Scandinavian Vegetables	30
Pumpernickel Bread	135	Hot Dog Bun	195	Biscuit	310	Whole Wheat Bread	138	Fruited Ambrosia	55
		Mustard	50			Sour Cream	9	Dinner Roll	113
Calories: 673 Carbs: 96		Calories: 841 Carbs: 94		Calories: 780 Carbs: 91		Calories: 749 Carbs: 102		Calories: 760 Carbs: 80	
Total Sodium: 480 mg		Total Sodium: 1457 mg		Total Sodium: 961 mg		Total Sodium: 908 mg		Total Sodium: 551 mg	
9	Sodium	10	Sodium	11		12	Sodium	13	Sodium
Garlic Herbed Chicken	497	**Shepherd's Pie**	255	**Veteran's Day**		**Meatloaf**	202	**Cracker Crumb Fish**	303
Rice Pilaf	70	Carrots	53			**with Gravy**	83	Lemon Seasoned Rice	149
Jardiniere Vegetables	18	Green Beans	0	*No Meal Served*		Garlic Mashed Potatoes	107	Mixed Vegetables	30
Pear Crisp	54	Fresh Fruit	0			Chuckwagon Corn	1	Mandarin Oranges	0
Diet = Applesauce	10	Marble Rye Bread	105			Blueberry Mousse	155	Pumpernickel Bread	135
Italian Bread	96					Whole Wheat Bread	138	Tartar Sauce	85
Calories: 677 Carbs: 77		Calories: 736 Carbs: 98				Calories: 808 Carbs: 101		Calories: 740 Carbs: 99	
Total Sodium: 621 mg		Total Sodium: 539 mg				Total Sodium: 811 mg		Total Sodium: 827 mg	
16 ∞	Sodium	17	Sodium	18	Sodium	19	Sodium	20	Sodium
Fritatta*	657	**Teriyaki Beef**	438	**Salisbury Steak w/Gravy**	323	**Ham Cheese Chicken Bake***	711	**Burgundy Pork***	768
O'Brien Potatoes	101	Steamed Rice	101	Garlic Mashed Potatoes	108	Red Bliss Potatoes	17	Herbed Potatoes	7
Stewed Tomatoes	6	Roasted Broccoli	15	Italian Blend Vegetables	36	Green Beans	0	Honey Glazed Carrots	70
Blueberries	0	Pineapple	0	Brownie	150	Birthday Cake	221	Applesauce	10
Marble Rye Bread	105	Fortune Cookie	0	Diet = Cookies	147	Diet = Half Piece Cake	110	Dinner Roll	113
		Whole Wheat Bread	138	Sandwich Roll	248	Italian Bread	96		
Calories: 698 Carbs: 77		Calories: 859 Carbs: 110		Calories: 868 Carbs: 102		Calories: 745 Carbs: 69		Calories: 709 Carbs: 84	
Total Sodium: 995 mg		Total Sodium: 817 mg		Total Sodium: 989mg		Total Sodium: 1170 mg		Total Sodium: 1107 mg	
23 ∞	Sodium	24 *High Sodium Meal*	Sodium	25	Sodium	26		27	Sodium
Macaroni & Cheese	482	**Turkey***	592	**Marinated Pork Loin**	400	HAPPY		**White Bean Chicken Chili***	895
Stewed Tomatoes	6	**with Gravy**	150	Mashed Potatoes	108			Brown Rice	64
Mixed Vegetables	30	Cornbread Stuffing	300	Brussels Sprouts	9			Green Beans	0
Peaches	5	Winter Squash	75	Apple Crisp	63			Fresh Fruit	0
Italian Bread	96	Pumpkin Mousse	178	Diet = Applesauce	10			Whole Wheat Bread	138
		Dinner Roll	113	Biscuit	310	THANKSGIVING			
Calories: 777 Carbs: 79		Calories: 748 Carbs: 105		Calories: 787 Carbs: 71		*No Meal Served*		Calories: 673 Carbs: 113	
Total Sodium: 713 mg		Total Sodium: 1475 mg		Total Sodium: 1021				Total Sodium: 1193 mg	
30	Sodium								
Chicken Stir Fry*	815								
Rice Pilaf	70								
Corn Niblets	1								
Fresh Fruit	0								
Pumpernickel Bread	135								
Calories: 668 Carbs: 116									
Total Sodium: 1148 mg									

MENU 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.

A high sodium meal = >1200 mg of sodium. * Indicates entrees with more than 500 mg sodium.

∞ Indicates a meatless meal.

Nutrition information includes the 110 calories, 13gm Carbs & 125mg of sodium for milk.

Carbs are listed for "Diabetic Friendly Meal" purposes.

Dudley 508-949-6640 | Milford 508-478-8102 | Upton 978-907-5709 | Spencer 508-885-5767 | W. Brookfield - khitt@wbrookfield.com
Franklin 508-520-1422 | Northbridge 508-333-9635 | Southbridge 774-289-9438 | Uxbridge 774-482-6174