

North Brookfield Senior Center

April 2022

508-867-0220

Donna Seguin, Director
Katie Griffin, Program & Outreach Assistant
Joyce Hebert, Receptionist

Lunch Menu subject to change
\$3.00 Per Meal RSVP with Joyce

Monday	Tuesday	Wednesday	Thursday
4	5	6	7
Walking Club 9:30 BINGO 11:00 Zumba Gold 1:00	Bread Day 9:30 Tai Chi 1:00	Queens Knitting & Crocheting 9:00 Lunch 11:30 Meatloaf, Potato, Veggie, Dessert	Foot Clinic Today Walking 9:30 Chair Yoga 1:00
11	12	13	14
Walking Club 9:30 Friends of COA mtg 10:30 Yahtzee 11:00 Zumba Gold 1:00 COA mtg 3:00	Bread Day 9:30 Free Breakfast 9:30 Tai Chi 1:00	Queens Knitting & Crocheting 9:00 Egg Hunt 11:00 Lunch 11:30 Stuffed Cabbage, Potato, Carrots, Carrot Cake \$5 pp Movie 12:30	Walking 9:30 Garden Club 10:30 Chair Yoga 1:00 ** Deadline for Bemis Farms Class
18	19	20	21
Closed Patriots' Day	Bread Day 9:30 Lunch Bunch @ Clam Box 11:30 Tai Chi 1:00	Queens Knitting & Crocheting 9:00 Bemis Farms Class 10:00 Lunch 11:30 Chicken Parm Sandwich, Salad, Dessert	Walking 9:30 Chair Yoga 1:00
25	26	27	28
Walking Club 9:30 Water Color Class 11:00 Zumba Gold 1:00	Bread Day 9:30 Tai Chi 1:00	Queens Knitting & Crocheting 9:00 Lunch 11:30 BBQ Chicken, Baked Potato, Veggie, Dessert	Walking 9:30 Chair Yoga 1:00

North Brookfield Senior Center

April 2022 Newsletter

From the Director's Corner...

With the chill of winter departing and the days getting longer it's time to think SPRING. It's the time of year when things come back to life after a long winter. As the weather improves, we hope you can join us for lunch or for an activity that will be going on at the center. We welcome any suggestions for new activities that can be added to our calendar. Any suggestion can be put in the Director's mailbox. Welcome Spring! – Donna Seguin, Director

Closures

We will be closed Patriots' Day, Monday April 18th

We will be closed for Town Elections May 2nd

We will be closed for Memorial Day May 30th

Walking Club

The Walking Club meets every Monday and Thursday at 9:30 AM at the Senior Center. Now that the nicer weather has come, we will be walking and enjoying the outdoors. For now, we will only be walking a block or two. We welcome anyone to join us.

Coffee Hour

Come join us for a cup of coffee and some conversation. We love to see the building full of smiling faces, come say hi! We have a fresh pot every morning by 9:30.

Hannaford Bread/Produce/Meat Distribution

Hannaford has been so generous to us here at the Senior Center. Recently we have been receiving not only bread but produce and deli meat as well. Every Tuesday morning at 9:30 join us for the FREE Hannaford give away. Available to all local seniors. Thank you to our volunteers Sandra McGinty and Anne Rolfe-Tymczyszyn for arranging this wonderful act of kindness.

Monday Activity Hour

Every Monday at 11:00 AM we will have a free activity hour this month we will have BINGO 4/4, Yahtzee 4/11 and Water Coloring 4/25.

Everyone who participates will be entered in to win a door prize.

Exercise Classes

Monday's @ 1:00 Zumba Gold with Melanie \$5.00 per person

Tuesday's @ 1:00 Tai Chi with Jen \$5.00 per person

Thursday's @ 1:00 Chair Yoga with Jen \$5.00 per person

Queens Knitting & Crochet Group

Every Wednesday 9:00 – 11:30 AM the Queens Group meets to make beautiful pieces to donate to local groups and work on their own personal projects. The Queens are a warm welcoming group who would love to meet new people and share their works of love.

Book Club

Our Book Club meets the last Wednesday of every month at 1:00. Please join us to be given our next book and meet our friendly group.

Garden Club

Spring has sprung! We're happy to announce we will have our first meeting of the year on Thursday April 14th at 10:30. It will be so nice to see everyone after the long winter. If you have a green thumb... or envy those who do, come join us!

Friends of the NBCOA

The Friends of the North Brookfield COA conduct their meetings the second Monday of the month, next meeting being April 11th at 10:30. We are always looking for volunteers and ideas for future fundraisers and events. Please stop in to a meeting and introduce yourself.

Free Breakfast

Our first free breakfast was such a success we're going to try and keep it going monthly. We will host breakfast on Tuesday April 12th at 9:30. No reservation required. Menu will always be different but we promise you'll be full when you leave. Thank you for volunteering to continue this great offering Kathy Pasierb & Deb Welch.

Memorial for Ray Hebert

Ray's family would like to invite his friends to attend his memorial service on Saturday April 23rd 1:00 PM at the North Brookfield Congregational Church.

Easter Celebration

Our Easter Celebration will be Wednesday April 13th we will have an Egg Hunt at 11:00 AM where you could win gift cards, coins and candy.

Lunch will be served at 11:30 stuffed cabbage, potato & carrots are on the menu. You MUST rsvp to participate. Lunch will be \$5.00 per person. Come and enter to win our door prize which will be a food basket with everything you need for an Easter dinner.

We will then show the movie "Hop 2" an Easter movie at 12:30. You do not need to stay for the movie if you come for lunch.

Traveling Lunch Bunch

The Traveling Lunch Bunch! A new group to the Senior Center. Let's get out of the center once a month and meet at a local restaurant. Not only are we supporting local businesses but we're hoping to meet other interested folks and network. This is a great way to make new friends and get out of the house. Everyone will be responsible for their own meal/tax/tip. This month we will meet at The Clam Box in East Brookfield on April 19th at 11:30.

Bemis Farms Workshop

Wednesday April 20th we will have a visit from Bemis Farms Nursery and we will be making Teacup succulents. Unfortunately, due to high costs and lack of grants the cost is \$15.00 per person. You must pay when you sign up with Katie. The deadline to sign up is April 14th.

Hall Rental

The Senior Center is available to rent for events. Please spread the word to family and friends that we are up and running and available to rent. Call the Senior Center 508-867-0220 and speak to Katie Griffin to see if your event date is available.

Foot Clinic

Foot Clinic will be Thursday April 7th all day, we have multiple appointments available. The cost is \$15.00 per person. All appointments for our May Foot Clinic are full. That being said if you're not seen in April, you will not be able to be seen until June. Please plan accordingly. Call Joyce 508-867-0220 to schedule your April appointment.

Thank you, St. Patrick's Day Eve volunteers!

We would like to thank the volunteers who came in to provide us the most delicious St. Patrick's Day Eve meal. Kathy Crevier, Janice Proctor, Judy Manning, Dottie Revene, Sue Harkins and Max Goldstein.

Thank you, Free Breakfast Volunteers!

A big thank you goes to Kathy Pasierb and Deb Welch for coming in to the Senior Center early and making breakfast for everyone during the bread distribution day. Also, thank you for offering to do it once a month.

Thank you, Hannaford!

Thank you, Hannaford Supermarkets for donating fresh produce, bread, desserts and deli meat to our Senior Center weekly. Your support does not go unnoticed.

I Am Fraud Squad Presentation May 24th

Free Breakfast & Hannaford Distribution will be available at 9:30

Presentation beginning at 11:00 AM

The "Fraud Squad Players" is a touring group of Family Services/RSVP who are committed to helping other seniors protect themselves against the ever-growing scams and frauds targeting them. The "squad" does so by acting out scripted scenes depicting real-life stories of attempts (often successful) by fraudsters to separate the elderly from their money.

Accompanying the troupe is an opportunity to discuss the epidemic of frauds targeting seniors and the myriad of ways seniors may be tricked. The discussion with a "peer group" may well be the first time an individual has spoken about a particularly bad experience as embarrassment or fear of loss of independence should a family member find out keeps many from sharing with family.

Free Smoke Alarms

The North Brookfield Fire Department has partnered with the American Red Cross to offer free smoke alarms to North Brookfield residents. You must preregister with Joyce at the Senior Center 508-867-0220 before June 2nd. Installation will be Saturday June 11th.

Cinco de Mayo Eve Party

Save the date! Wednesday May 4th \$5.00 per person.

Memorial Cookout

Save the date! Wednesday May 25th we will celebrate Memorial Day early with NBPD & NBFD



**HAPPY
BIRTHDAY**

To everyone born in April!

