

# North Brookfield Senior Center Senior Connection December 2021

Please excuse our newsletter format, technical difficulties.

## *Christmas Party*

Our annual Christmas Party will be held December 22nd here at the North Brookfield Senior Center catered by Common Ground Cideworks. The cost will be \$5.00 per person. We would like to thank The Friends of the COA as well as an anonymous out of town donor for their donations to help fund this event. You must call and speak to Katie Griffin to reserve your seat as we have a limited number. When you call you will have the dinner option of Baked Haddock or Prime Rib. Each meal will be served with a garden salad, bread, entrée and dessert. Please pay your \$5.00 the day of the meal. No take out available. We will have entertainment, raffles and door prizes.

## *Meals on Wheels*

A nutritious meal delivered by a friendly driver is much more than sustenance. It goes a long way in helping maintain independence. Meals on Wheels are provided short-term or long-term to homebound elders age 60 and older who are unable to prepare a nutritionally balanced meal for themselves. Cold evening meals and frozen weekend meals are also available for clients who have no other resources. Meals are delivered between 10 a.m. and 1 p.m. Monday through Friday, except holidays. There are no income guidelines for Meals on Wheels and no fee for the service but we do ask for a donation to help to pay for the program. The suggested donation amount of \$3.00 per meal is reflected in a monthly donation statement. However, we never deny anyone a meal if they can't afford to donate. Please call 508-949-6640 for information.

## *Fitness Classes*

Mondays- Zumba Gold with Melanie 1:00 – 2:00 \$5.00 per class

Tuesdays- Tai Chi with Jen 1:00 – 2:00 \$5.00 per class

Thursdays- Gentle Yoga with Jen 1:00 – 2:00 \$5.00 per class

## *Friends of the NBCOA*

The Friends of the NBCOA are always looking for new members to help with fundraising and events, if you are able to give a few hours a month please contact the Senior Center for meeting and contact information.

## *NBCOA Meeting*

The North Brookfield COA invites you to attend their monthly meeting December 13th at 3:00. The meeting is open to the public and we encourage citizens to attend to stay up to date on the current happenings at the Senior Center.

## *BINGO*

BINGO at the Senior Center is every Monday at 10:30. We are currently looking for volunteer BINGO callers, no experience required. If you would like to volunteer please contact the Senior Center.

## *Craft Class*

Gingerbread House Decorating

We will have a Gingerbread House Decorating Craft on Tuesday December 14th at 10:00 AM. The Gingerbread houses will be constructed beforehand, we will decorate them together and use them as centerpieces for our Christmas Dinner. There is no fee for this class but we ask that you bring 2 bags of candy to contribute to decorating.

## *NB PTO Craft Fair*

The North Brookfield PTO Craft Fair will be held on Friday December 3rd at the North Brookfield Elementary School. Over 80 vendors and crafters! Admission is free. Raffle table and local handmade items.

## *Town Christmas Parade*

There will be a town Christmas Parade on Saturday December 4th at 5:00 PM. The parade starts at North Brookfield Schools and goes down Main Street to the town tree across from the Town House. Various cars and trucks decorated with Christmas lights line the street while the children anxiously await Santa's arrival. There will be carolers, music and magic in the air. Please join the towns Decorating Committee in celebrating the holiday season.

## *Foot Clinic News*

We currently have appointments available for our December Foot Clinic. Friday December 17th. We would like to welcome Diane DeWan as our new foot extraordinaire, Diane has been doing Foot Clinics for years in area towns and she comes highly recommended by Nurse Jayne who is retiring. Limited appointments available. Cost is \$15.00 per person and is due the day of services. Call Joyce soon to schedule your appointment as they fill up quickly. Please note Diane DeWan does not soak feet.

## *Hygiene Bag Distribution*

December pickup date will be Tuesday the 7th 9:30-10:30 AM. Our staff and volunteers continue to provide personal hygiene bags to all low-income North Brookfield residents of any age. Bags consist of different hygiene products every month and are purchased locally. If you are interested in receiving a personal hygiene bag you must fill out a request form located at the Senior Center.

## **A Friendly Reminder**

- When visiting the Senior Center please remember to scan your keycard at the check in desk. If you need assistance ask Joyce or Diane.
- Senior Center hours are Monday – Thursday 9:00-2:00 unless otherwise noted. We do rent out the building for various reasons, please respect others functions by not inviting yourself in during their rental time.  
Thank you. – Staff
- We appreciate the donations of craft items but we are filled to the brim at this point. Please do not leave items at the Senior Center after hours.