

The Senior Connection

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North
Brookfield
Senior
Center
508-867-0220

Changes to Our Meal Program

After much thought and consideration, we will be ending our To-Go-Meal program. We thank the few volunteers who have helped us during Covid by preparing our meals and keeping us safe. We will now have Sit-Down/ Dine-In luncheons every Wednesday at 11:30. Each meal will be \$3.00 and will be served family style with a salad, bread basket, entrée and dessert. In an effort to keep an accurate head count, we ask that you call each Monday to reserve a seat. You may pay the day of the meal. We encourage our Seniors to join us for a home-made meal, prepared by some of our nicest volunteers who spend hours in the kitchen. Unfortunately, if we cannot get our participation numbers up, we will be left with the difficult decision whether or not to continue the food program entirely.



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.

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

Tuesdays
Tai Chi with Jen
\$5.00 Per Class
1:00-2:00
No Class Tuesday 11/30

Thursdays
Gentle Yoga with Jen
\$5.00 Per Class
1:00-2:00
No Class Thursday 11/25

We need your help!

Volunteer opportunities...

We are always looking for volunteers here at the Senior Center. If you are interested in any of following, please contact

Katie Griffin 508-867-0220.

Currently looking for teams of 4 to volunteer on Wednesday's cooking, washing dishes, setting tables and serving.



Can you spare?

We are in need of...

As you all know it takes a village to run this Senior Center. Like a good neighbor please remember us if you're looking to make a donation within the community. We understand these are hard times for most but it is crucial we all stick together and support one another. Below is a small list of daily items most needed.

Paper Towels, Dawn Dish Liquid, Christmas Cards, Postage Stamps.

Friends of the NBCOA

The Friends of the NBCOA hosted their Harvest Dinner and what a delicious success that was! Thank you to all who volunteered and attended. We would also like to thank the Friends of the NBCOA for buying new table linens, glue guns and glue sticks for our Senior Center.

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.

Holiday Craft Fair

Saturday November 27th
10:00-2:00 the North Brookfield Senior Center will be hosting a Holiday Craft Fair. Spaces are free but we ask that you please donate an item to the raffle table. We have a limited amount of space so please call the Senior Center and ask to speak to Katie to reserve your table. We are no longer accepting knitted/crochet crafters.

Hygiene Bag Distribution

November 2



November pickup date will be Tuesday the 2nd 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.

Once you have filled out your request form and are approved, you will be eligible for one bag per month with the programing ending in December. You may send a friend or family member to retrieve your bag but unfortunately, we do not have the option of delivering. Income cutoffs are listed below.

1 person- \$0- \$34,400
2 person- \$0- \$39,300
3 person- \$0- \$44,200
4 person- \$0- \$49,100
5 person- \$0- \$53,050

If you have questions or would like to apply, please call Katie Griffin 508-867-0220.

Foot Clinic Appointments

We currently have appointments available for our November Foot Clinic(s). Friday November 19 & Monday November 22. Limited appointments available. We have two dates due to no Foot Clinic in October. Cost is \$15.00 per person and is due the day of services. Please remember to bring a towel with you. Call Joyce soon to schedule your appointment as they fill up quickly.

Joyce 508-867-0220.

Special Lunch Dates for November

November Birthday Luncheon

November 3rd we will have a big Birthday bash for everyone born in November! We invite everyone to attend, if your Birthday is in November, you get your lunch for free! 50/50 Raffle & Door Prize!

A Senior Center Thanksgiving

November 17th will be our Thanksgiving Luncheon. Gobble Gobble! 50/50 Raffle & Door Prize!

Veterans Day Luncheon

November 10th we will have a Veterans Day Luncheon, everyone is invited to attend. Veterans get their lunch for free! 50/50 Raffle & Door Prize!

Chef Kathy's Brunch

November 24th Chef Kathy will host her delicious Brunch! 50/50 Raffle & Door Prize!

A message from Abby's House

“Thank you to the North Brookfield Senior Center “Queens” Crochet and Knitting Group! This group has been hard at work making hats, scarves, shawls, kids blankets, bibs and more- all for the women and children of Abby's House. Our residents and guests will certainly feed the love and care that went into each of these items!”

- Abby's House Staff



Non-Traditional Cookie Swap

I would like to create a cookie recipe book and what better way to do it than to ask you all? I will be collecting your favorite cookie recipes for the month of November and will create a recipe book for December for all who are interested.



Bemis Farms Nursery Craft

Tuesday November 30th we will be making Holiday Centerpieces with Bemis Farms Nursery at 1:00 PM. Please pay \$5.00 per person when you sign up with Katie. You must sign up and pay before November 18th. Thank you to the North Brookfield Cultural Council for their grant making this craft affordable for our Seniors.

Garden Club

Thursday November 18th there will be a Garden Club Field Trip to Diane Hopkins Tree Farm to cut greens and berries for winter window boxes. Please bring your own clippers/pruners and dress for the weather. We will meet at Diane's at 10:30 AM.

Save the Date

The Senior Center Holiday Party will be Wednesday December 22nd at 11:30. Common Ground Ciderworks will cater the party with your choice of Baked Haddock or Prime Rib. Entertainment is being arranged. More Details to follow in the December Newsletter.