



WHAT'S NEWS?

Janice B. Fitzgerald, *Director* Hours: Monday - Friday 9:00 AM to 4:00 PM

Mayor's Message

To My Friends at the Council on Aging:

Happy Holidays! I hope you are looking forward to spending meaningful time with family and friends this Holiday season. I am grateful to all those who were able to attend our Community Holiday Parade and Celebration on November 30th. The annual celebration is always a great kick-off to the holidays here in our "City of Champions."

As we settle into the colder months, the City of Brockton is committed to keeping our senior citizens safe. Aging can affect how our bodies perceive cold, making us more vulnerable to risks. Please exercise caution in the cold weather: watch your step on ice, keep your phone charged and batteries handy, and check in on your elderly neighbors, family members, and friends. Together, we can all get through the winter.

Here are a few updates from my office:

- **My office is hosting a Holiday Toy Drive.** If you would like to donate, please bring a new, unwrapped toy to the Mayor's Office, first floor of City Hall, 45 School Street, Monday-Friday, 8:30-4:00, between now and **Friday, December 20th**. The toys will be distributed to various Brockton organizations who will provide them to area families.
- **My office is also hosting a Winter Clothing Drive.** We are collecting new or gently used winter clothing including coats, jackets, scarves, mittens, hats, sweaters, sweatshirts, winter socks, shoes, or boots to the Mayor's office between **December 2nd and January 6th**. The items will be distributed to Brockton organizations who will provide them to people in need for the winter months.
- Due to Christmas Day on Wednesday, December 25th, Wednesday, Thursday, and Friday's trash pick-up will be delayed **one day**. Friday's trash pick-up will take place on Saturday.
- Due to New Years Day on Wednesday, January 1st, Wednesday, Thursday, and Friday's trash pick-up will be delayed **one day**. Friday's trash pick-up will take place on Saturday.
- Weekly yard waste collection ends on Friday, December 13th. Christmas trees will be collected curbside from December 30th through January 10th.

Please contact my office at 508-580-7123 if we can be of any assistance.

On behalf of myself and the entire Mayor's Office, we wish you a very happy holiday season: Happy Hanukkah, Merry Christmas, Happy Kwanzaa, and Happy New Year! Be well and stay safe!

Sincerely,
Robert F. Sullivan, Esq.
Mayor
City of Brockton

Director's Message

"Understand that heartaches will be unpacked as you Sift through the decorations, but so too, are the warm Loving memories of each piece.

*Don't deny yourself the gift of healing tears."
- WingsofHopeLivingforward*

I want to take this time to let you know what is going on with our transition back to 10 Father Kenney Way. Although a definite move and re-opening date are not quite confirmed, we will start to pack up this month. I am anticipating the actual move may not be until the beginning of January. Once we get everything moved back over and get our new furniture delivered, it will take us some time to get things the way we want and to get my staff and volunteers acclimated to our new surroundings.

We will not have any "special" events after December 20th. We will just continue with our regularly scheduled programs (please see the calendar on page 2). I have also suspended our meal program on Tuesdays and Thursdays until further notice. Our last meal will be on Thursday, December 12th.

Again, because I do not have a definite timeframe, I will do my best to keep you all informed and up to date on everything the best I can. We will continue to send you the monthly Newsletter, send out a robo-call with important information and you will always be able to reach us by phone at 508-580-7811. Please be understanding and patient with us as we work to get us back "home".

As the saying goes, "**Good Things Come to Those Who Wait**". As I mentioned before, along with a brand new, state of the art building, we will have some new programs, modern technology and, if all goes as planned, a Café.

As a reminder, please make sure you have a parking sticker for your car (see page 3), and a swipe card to be able to check in every time you come to the COA. Having data of how many people are coming to our center, helps us with funding especially when we apply for grants.

In closing, from all of us to you, Happy Holidays!

Janice



AARP Network of Age Friendly Communities Celebrate Brockton's Age Friendly Designation With Us.

"We are supported in part by The Executive Office of Elder Affairs"



CALENDAR OF EVENTS

December 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Activities 2 Committee Meeting 10:00 Board of Directors Meeting (<i>Friends Meeting immediately following</i>) 10:00 Silver Boot Camp 1:00 Tonin' & Stretchin' 1:00 Whist 1:15 Monday Movie	9:15 Line Dancing 3 11:30 Knitting & Crochet 12:00 Community Dining: <i>Lasagna Rolls</i> 12:30 Hand & Foot 1:00 Vaccine/Booster Clinic 1:00 Grief Support Group 2:00 SLN: "Behind the Scenes-National Museum of the Pacific War"	9:15 Tai Chi 4 11:00 Movin' and Groovin' 12:15 Mindfulness, Relaxation, & Meditation 2:00 Corn Hole 2:00 Zumba Gold	9:00 Art from Heart 5 10:00 Cribbage 12:00 Community Dining: <i>Pork Oriental</i> 12:30 Tutoring with Greg	9:15 Walking Group 6 10:00 Posture and Balance 11:00 Eldys' Yoga 12:00 Strong & Stable 12:00 Mah Jongg
9:30 Dull Men's Group 9 10:00 Silver Boot Camp 11:30 Sound Bath & Reiki 1:00 Tonin' & Stretchin' 1:00 Whist 1:00 COA Book Club	9:15 Line Dancing 10 10:00 Ukulele w/ Julie 11:30 Knitting & Crochet 12:00 Community Dining: <i>Pasta w/ Meat Sauce</i> 12:30 Hand & Foot 1:00 Vaccine/Booster Clinic 1:30 Sing & Be Merry 2:00 SLN: "Harper's Ferry National Park - Harper's Ferry's Place in History"	9:15 Tai Chi 11 10:00 Caregivers Support Group 10:00 "The Life and Times of Harry Houdini" 11:00 Movin' and Groovin' 12:15 Mindfulness, Relaxation, & Meditation 1:00 Mystery Book Club 2:00 Corn Hole 2:00 Zumba Gold 2:30 Felt Penguin Craft	9:00 Art from Heart 12 10:00 Cribbage 12:00 Community Dining: <i>Pot Roast w/ Gravy</i> NOTE: FINAL COMMUNITY DINING UNTIL WE RETURN TO 10 FATHER KENNEY WAY 12:30 Tutoring with Greg 1:30 Winter History Series: "US Elections and The Electoral College"	9:15 Walking Group 13 <i>(Weather Permitting)</i> 10:00 Posture and Balance 10:30 BINGO 11:00 Eldys' Yoga 12:00 Strong & Stable 12:00 Mah Jongg
10:00 Silver Boot Camp 16 10:00 Legal Consults 1:00 Tonin' & Stretchin' 1:00 Whist 1:15 Monday Movie	9:15 Line Dancing 17 11:30 Knitting & Crochet 12:30 Hand & Foot 1:00 Grief Support Group 1:00 Vaccine/Booster Clinic 2:00 SLN: "Holidays with the Roosevelts/FDR Presidential Library and Museum"	9:15 Tai Chi 18 COA closes at 11:00 AM for Holiday Party 	9:00 Art from Heart 19 10:00 Cribbage 12:30 Tutoring with Greg	9:15 Walking Group 20 10:00 Posture and Balance 11:00 Eldys' Yoga 12:00 Strong & Stable 12:00 Mah Jongg 1:00 Parkinson's Support Group 2:00 Christmas Traditions in Boston
9:30 Dull Men's Group 23 10:00 Silver Boot Camp 1:00 Whist 1:00 Tonin' & Stretchin'	9:15 Line Dancing 24 		9:00 Art From Heart 26 10:00 Cribbage 11:00 Blood Pressure/ Glucose Screening 12:30 Tutoring with Greg	9:15 Walking Group 27 9:30 Pet Pantry 9:30 Blood Pressure 9:30 Office Hours w/ Rep. Michelle Dubois 10:00 Posture and Balance 10:30 BINGO 11:00 Eldys' Yoga 12:00 Strong & Stable 12:00 Mah Jongg
10:00 Silver Boot Camp 30 1:00 Whist 1:00 Tonin' & Stretchin' 2:15 Golden Girls Discussion Group	9:15 Line Dancing 31 11:30 Knitting & Crochet 12:30 Hand & Foot 1:00 Vaccine/Booster Clinic 1:00 Musical Bingo with Brockton VNA Hospice	Sign up for all programs and activities by calling 508-580-7811 . For any program with a limited number of participants, Brockton Seniors are given first priority.		
<p><i>- We accept sign-ups for all programs and activities on or after the 1st of the month.</i></p>				

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ANNOUNCEMENTS PG 3

IMPORTANT REMINDER!



Please ensure your Brockton COA Parking Permit Sticker is correctly placed on the **rear window of your vehicle, on the passenger side**. If you need an additional sticker, please visit the Front Desk to pick one up.



Thank you!



DONATIONS

As we will be moving soon, we want to reduce the number of items we have to transport.

We are no longer accepting donations for our Free Table or donations of books. During this time, the Free Table will not be available.

Thank you for understanding.



Weather Policy

In the event of a snow emergency or bad weather here is our policy:

- Staff and seniors are instructed to listen to their local radio and/or TV stations for public school closings.
- If the Brockton Public Schools close due to inclement weather, the Council on Aging will be closed for programs. Unless there is a declared emergency the staff will be in the building.
- If the Mayor declares a state of emergency please listen to the radio and/or TV for directions. The Council on Aging is not recognized as an emergency site by BEMA.

As a rule, if you are not sure if we are open, please call us at 508-580-7811 before leaving your home.

OFFICE HOURS



Office Hours with Rep. Michelle Dubois
Friday, December 27th
at 9:30 AM - 11:30 AM

Reiki & Sound Bath



Monday, December 9th at 11:30 AM

Back by Popular Demand!

You will be bathed in the beautiful sounds of the singing bowls and other instruments as they help to bring harmony to the mind, body, and spirit!

This Sound Bath is filled with the rich tones from crystal and metal singing bowls, drums, bells, and a gong. During the Sound Bath, Reiki will be offered if desired. What is Reiki? It is a hands on or off relaxation technique to help bring the body into balance and help reduce stress.

Cost to attend is \$5.00.

Please sign up at the Front Desk.

As spots are limited, Brockton Seniors will get first priority.



Funded, in part, by a grant from the Brockton Cultural Council, a local agency supported by the Massachusetts Cultural Council.



THE LIFE AND TIMES OF HARRY HOUDINI

Wednesday, December 11th at 10:00 AM

Celebrate the 150th anniversary of Houdini's birth with a captivating look at his incredible life as a magician, escape artist, author, spirit-debunker, and more!

Jack Ryan, former president of the Society of American Magicians of Boston, will lead this engaging lecture, which will also feature a thrilling "psychic demonstration."

Don't miss this opportunity to explore the legacy of one of the greatest performers in history!

Call 508-580-7811 to sign up!



Funded, in part, by a grant from the Brockton Cultural Council, a local agency supported by the Massachusetts Cultural Council.

Sing & Be Merry

Tuesday, December 10th At 1:30 PM

Experience a joyful moment of connection this holiday season with a music therapist from Sing Explore Create!

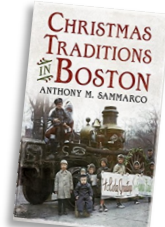
During our Sing & Be Merry workshop, you can enjoy music and holiday cheer in a warm, welcoming setting. No musical experience needed – Just bring your love for music and celebrate the season with us!



Please call 508-580-7811 to sign up



Funded, in part, by a grant from the Brockton Cultural Council, a local agency supported by the Massachusetts Cultural Council.



Christmas Traditions in Boston **December 20, 2024 at 2:00 PM**

Join us in revisiting the rich history and shared traditions that shaped how Bostonians celebrate the holiday season!

In Christmas Traditions in Boston, Anthony Sammarco chronicles how the city celebrated (or didn't celebrate) Christmas from its founding in 1630.

He highlights key moments like Charles Follen introducing the Christmas tree and Louis Prang creating the first colorful Christmas cards in Boston. Over the years, the city embraced caroling, Nativity scenes on Boston Common, and the beloved Enchanted Village of Saint Nicholas at Jordan Marsh.

Call 508-580-7811 to sign up.



Funded, in part, by a grant from the Brockton Cultural Council, a local agency supported by the Massachusetts Cultural Council.

LIFELONG LEARNING



Senior Learning Network

Tuesdays at 2:00 PM

Discover History with Senior Learning Network!

Join us on Tuesdays at 2:00 PM for fascinating programs tailored for older adults. These live sessions over zoom will connect you to museums, parks, historical sites, and more. Experience engaging topics and enrich your understanding of history from the comfort of the COA.

Topics This Month:



December 3: " Behind the Scenes"- National Museum of the Pacific War

Join the National Museum of the Pacific War on December 3rd at

2:00 PM EST for an exclusive virtual tour designed for the Senior Learning Network. This exclusive behind-the-scenes program will offer a glimpse into the museum's extensive collection, which includes over 55,000 3D objects and 5,000 linear feet of archival material. Discover how these remarkable artifacts contribute to telling the profound story of World War II in the Asia-Pacific region.



December 10th : Harper's Ferry National Park- Harpers Ferry's Place in History:

Discover how the promise of "...a more perfect union," was de-

fended, debated, and redefined in Harpers Ferry. Learn about the United States Armory, John Brown's Raid, the Civil War, the struggle for Civil Rights, and more!



December 17th : Holidays with the Roosevelts/ FDR Presidential Library and Museum

It wouldn't be the holidays without checking in with the Roosevelts!

Join us with our friend, Jeff Urbin-education specialist at FDR Presidential Library and Museum for a trip down memory lane with the Roosevelt family. We will discuss how the Roosevelts celebrated Christmas during the dark times of the Great Depression and WW2, and how it impacted the ways that Americans celebrated the holidays. Join us for this fun and informative time as we close out our year of life long learning!

Call 508-580-7811 to sign up today!



Beginner Ukulele with Julie Stepanek! Tuesday, December 10th at 10:00 AM

Want to try an instrument that is fun and easy to play? Join Julie Stepanek as she shows the fundamentals of ukulele playing. No experience necessary! Ukuleles are provided or bring your own.

Cost is \$3.00 per person.

Sign up at the front desk. There is a limited number of spots available.



Funded, in part, by a grant from the Brockton Cultural Council, a local agency supported by the Massachusetts Cultural Council.



Join Steven Thomasy for a Winter History Series!

US ELECTIONS AND THE ELECTORAL COLLEGE Thursday, December 12th

1:30 PM – 3:30 PM

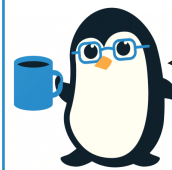
Having just experienced the most significant election of our lifetimes, it seems like a good time to review the most pivotal and/or unusual elections in the history of the United States since the first one in 1789.

We will examine how the Electoral College works, examine elections in which the candidate with the most popular votes did not win, and examine elections in which the electors did not actually choose the presidents.

Call 508-580-7811 to sign up to attend. Stay tuned for upcoming dates in the series!



Steve Thomasy has been a teacher of history and Government for just over 50 years. He retired from High School teaching in 2019. Since then, he has been employed part time at Brockton's Adult Learning Center, and at Blue Hills Regional HS. A native of New York City, Steve came to MA in 1973 to attend Boston College's Graduate School of Education. He has lived in Brockton since 1985.



...Did you know?

- 1) Oklahoma was the last U.S. state to declare Christmas a legal holiday in 1907.
- 2) A popular tradition in Japan is to eat KFC for Christmas. It is so popular, in fact, that orders must be placed two months in advance.
- 3) The world's largest menorah is at Manhattan's Grand Army Plaza. It is 32 feet tall, 28 feet wide, and it weighs 4,000 pounds.

EXERCISE



Silver Boot Camp

Mondays at 10:00 AM - \$5.00 per class

Get fit and stay fit! Join us for cardio, strength, and conditioning with varying levels of intensity. *Silver Boot Camp is completely modified for seniors and does not involve floor activity.*

Tonin' & Stretchin'

Mondays at 1:00 PM - \$5.00 per class

A low impact & fun class which will encourage you to move and dance in your seat!

Line Dancing

Tuesdays at 9:15 AM - \$5.00 per class

Learn basic line dance steps and simple routines

Tai Chi

Wednesdays at 9:15 AM - \$5.00 per class

Start your day with the peaceful meditation and movement of Tai Chi. *First class is free to new participants!*

Movin' & Groovin'

Wednesdays at 11:00 AM - \$5.00 per class

A cardio and strength class aimed to help you stay fit, challenged, and active.

Mindfulness, Relaxation, & Meditation

Wednesdays at 12:15 PM - \$5.00 per class

Learn and practice different techniques to help relieve stress, relax, and gain insight.

Zumba Gold

Wednesdays at 2:00 PM - \$5.00 per class

Zumba Gold is a fun, low-impact dance class boosting balance and coordination with easy moves and lively music.

Shoe City Walkers

Fridays at 9:15 at the Brockton COA

Posture and Balance

Fridays at 10:00 AM - \$5.00 per class

Improve your balance, coordination, and posture through stretching exercises

Eldys' Yoga

Fridays at 11:00 AM - \$5.00 per class

Gentle introduction to yoga that will enhance your physical mobility. *First class is free to new participants!*

Strong and Stable

Fridays at 12:00 PM

Parkinson's group training classes. Open to Parkinson's participants and their caretakers.

Call 508-580-7811 to sign up today!

A waiver must be completed by every new participant for each exercise program.

Payment is due at the start of each class.

COMMUNITY DINING PG 7

December Menu

Meals are served at 12:00 PM. Reservations are required **1 week in advance**. Call **508-580-7811** to sign up to attend. Suggested donation is **\$2.50**.

Menus are subject to change.

TUESDAY	THURSDAY
<div style="border: 1px solid black; padding: 2px; width: fit-content;">3</div> <p>Lasagna Rolls Bolognese Sauce Tuscany Blend Veg. Vienna Bread Hot Caramelized Pears</p>	<div style="border: 1px solid black; padding: 2px; width: fit-content;">5</div> <p>Pork Oriental Lo Mein Noodles Asian Vegetables Whole Wheat Roll Applesauce</p>
<div style="border: 1px solid black; padding: 2px; width: fit-content;">10</div> <p>Pasta w/ Meat Sauce Italian Vegetables Whole Wheat Roll Parmesan Cheese Hot Cinnamon Apple</p>	<div style="border: 1px solid black; padding: 2px; width: fit-content;">12</div> <p>Pot Roast w/ Gravy Oven Roasted Potatoes Butternut Squash & Apple White Dinner Roll Mixed Fruit</p>

Community Dining Announcement



The final day of community dining will be December 12th

We plan to resume community dining at our regular location at 10 Father Kenney Way, starting in February 2024. In the meantime, if you have any questions or need assistance finding a meal, please feel free to call us at **508-580-7811** for more information.

HEALTH CLINICS



Health Clinics at the Brockton COA



• COVID-19 Vaccine/Booster Clinic

Every Tuesday at 1:00 PM - 4:00 PM
By Brockton Board of Health

• Blood Pressure & Glucose Screening Clinic

Thursday, December 26th at 11:00 AM - 12:00 PM
by Brockton Board of Health

• Blood Pressure Clinic

Friday, December 27th at 9:30 - 10:30 AM
by Brockton Visiting Nurse Association

FUN & GAMES

Schedule for Games

Whist: every Monday at 1:00 PM
Hand & Foot: every Tuesday at 12:30 PM
Corn Hole: every Wednesday at 2:00 PM
Cribbage: every Thursday at 10:00 AM
Mah Jongg: every Friday at 12:00 PM



BINGO!

• **Friday, December 13th & 27th**
at 10:30- 2:30 PM

- The cost to play is \$1.00 per square with a minimum purchase of 6 squares.
 - Quickies will be \$1.00 each.
 - Bingo Cards will be sold from 9:30-10:15 AM.
- Call 508-580-7811 to sign up!**

Musical Bingo!



Tuesday, December 31st at 1:00 PM

Your favorite hits from yesteryear combined with the fun of bingo. Fill up your bingo card and win prizes while you groove to classic hits from pop, rock and roll and R&B!

Call 508-580-7811 to sign up!

Musical Bingo is brought to you by Brockton VNA Hospice.

ARTS & CRAFTS

Knitting & Crochet: every Tuesday at 11:30 AM
Art From Heart: every Thursday at 9:00 AM



Felted Penguin Craft
Wednesday, December 11th
2:30 PM

Learn how to needle felt a penguin using wool roving and a barbed needle. Pop up Art School will show you the basics of needle felting. You'll leave the class with the knowledge and basic supplies you need to continue felting on your own!

Class is \$5.00 per person
Sign up at the Front Desk.
Limited Spots.



Funded, in part, by a grant from the Brockton Cultural Council, a local agency supported by the Massachusetts Cultural Council.

SUPPORT GROUPS

- **Grief Support Group:**
1st and 3rd Tuesdays at 1:00 PM
- **Dementia Caregivers Support Group**
3rd Wednesday of every month at 10:00 AM
- **Parkinson's Support Group**
3rd Friday of every month at 1:00 PM

DISCUSSION

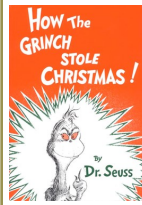
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COA Book Club

This month we will be discussing:
How the Grinch Stole Christmas!
 by Dr. Seuss
 &
Christmas on the Island
 by Jenny Colgan

On Monday, December 9th at 1:00 PM

Call 508-580-7811 to sign up!



Mystery Book Club

This month we will be discussing:
A Body on the Doorstep
 by Marty Wingate
 Type of mystery: cozy

Wednesday, December 11th at 1:00 PM

Call 508-580-7811 to sign up!



The Brockton COA's Golden Girls
Monday, December 30th at 2:15 PM

Come meet some new friends at our Women's Discussion Group!
Call 508-580-7811



Do you have what it takes to join the Dull Men's Club?

Join us for conversation! Celebrate the joy in everyday things and moments.

Dull Men's Club meets on the:

2nd and 4th Monday of every month at 9:30 AM
Call 508-580-7811 to sign up today!

MOVIES

Monday Movie Matinee

Call 508-580-7811 to sign up. Limited spots!



The Boys in the Boat (2023)

Monday, December 2nd at 1:15 PM

Runtime: 2 hours 3 minutes

This inspirational true story follows a group of underdogs at the height of the Great Depression as they are thrust into the spotlight, taking on elite rivals from around the world as part of the 1936 Berlin summer games.

Scrooged (1988)

Monday, December 16th at 1:15 PM

Runtime: 1 hours 40 minutes

Frank Cross is a mean TV executive with perfect qualities of a modern-day Scrooge. Before the night is over, he'll be visited by three ghosts from the past, present and future.



HOW CAN WE HELP?

- Outreach, Social Services
- SHINE Program
- Knox Box
- Transportation
- Fuel Assistance
- Durable Medical Equipment
- Senior Property Tax Work Off Program
- AARP Free Income Tax Assistance
- Prescription Advantage Program
- Safety Assurance
- Support Groups
- SNAP Benefits
- Housing Applications



Supplemental Nutrition Assistance Program (SNAP) Applications w/ Joanne Lobaton



Please call 508-580-7811 and ask to speak with Ruthie to schedule an appointment.



Surprenant & Beneski, P.C.

Strategic Planning for Your Peace of Mind

Free Legal Consults!

Monday, December 16th at 10:00 am - 11:30 am
Call 508-580-7811 for an appointment.



This month's Pet Pantry is on:
Friday, December 27th at 9:30-10:30 AM



Please note: The program is full but we are accepting applications to be placed on a **wait list**. You may fill out a request form at the COA. Please **call 508-580-7811** to speak with Sophia for any questions.



One-on-One iPhone & Computer Tutoring with Greg: Thursdays 12:00 PM - 3:00 PM
Call 508-580-7811 for an appointment



Free Reflective House Number Signs

The Brockton Council on Aging, in partnership with The Brockton Fire Department will be offering **free** reflective house number signs to Brockton seniors (age 60+).

These green luminescent signs help first responders easily locate your home in case of an emergency. Each eligible household can receive one sign at no cost.



Eligibility: Seniors (60+) are eligible for one free sign.

Additional Signs: Available for \$14 each to seniors and other residents.

To Request Your Sign:

1. Complete the order form at the Council on Aging
2. Payment for additional signs must be made in cash or check at the time of ordering.



For any questions or if you need help filling out an application, please call Sophia at 508-580-7811.

Healthier Eating During the Holiday Season

The holiday season is upon us. Spending time with family and friends, celebrating traditions, and sharing memories make the holidays truly special.

Something else that makes holidays special are delicious meals and sweet treats! It can be challenging to avoid overindulging during the holidays, especially if there are festive gatherings or events that involve a lot of food.

Wondering how to enjoy treats in a healthier way so you can begin the New Year looking and feeling your best? Here are a few helpful tips:

- Calories count, so try to use them wisely. If the wonderful holiday meal includes a side dish that you eat regularly during the year, pass on it. Choose a different side dish or save those extra calories for dessert.
- Sweet beverages and holiday cocktails can be high in calories too. If you're going to drink soda, eggnog, wine or a cocktail, try to limit your consumption to one. Consider low calorie beverages such as seltzer water or unsweetened iced tea
- Don't fill up on appetizers. Consider limiting yourself to one or two hors d'oeuvres. Feel free to indulge in crudites (raw vegetables), but go light on the dipping sauce.
- Be sure to leave room for dessert. By avoiding second helpings and not filling up on rolls, crackers, cheese or too many hors d'oeuvres, you likely won't feel too full to really enjoy your dessert.
- It's ok to indulge in the foods you enjoy during the holidays, but there's a balanced way to do so. Moderation is key. Keep in mind that one helping is enough. Practice portion control, eat slowly, and savor your food.

Nutrition & Your Health

Eating a nutritious and well-balanced diet is one of the keys to good health. As we get older, nutrition plays an even larger role in overall health and well-being. By developing a nutrition strategy and planning meals in advance, older adults are more likely to eat meals with the vitamins, minerals, fiber, protein and other nutrients that are so important.

Did you know that there are programs available to assist older adults who are uncertain about how to plan nutritious meals? Nutrition education and individual Medical Nutrition Therapy through the Nutrition Department at Old Colony Elder Services (OCES) can help.

To learn more about OCES' Nutrition Services, visit ocesma.org/programs-services/nutrition

DECEMBER BIRTHDAYS

Ingunn Bourne	1st	Barbara Brown	11 th	Ronald Derosier	19 th
Stanley Itzkowitz	1 st	Christine Belton	12 th	Joel Tenenbaum	20 th
Diane Massaroni	1 st	Robert Bonnette	12 th	Steven Foster	22 nd
Ann S. Kantzian	2 nd	Connie DeStasio	12 th	Edith Kjersgard	22 nd
Robert Perrault	4 th	Penny Kazis	12 th	Linda Roberts	23 rd
Irene Saba	4 th	John Simmons	13 th	Diosdina Ayala	24 th
Warren Shepard	4 th	Eleanor Morse	14 th	Beverly Sullivan-Conley	25 th
Josephine Abbott	5 th	Betty Amelotte	16 th	Sheku Bobor Konteh	25 th
Edward Friedman	5 th	Linda Blandin	16 th	Noella Pierre	25 th
Stephen O' Brian	5 th	Sue Loughlin	16 th	Carl Platter	25 th
Leonard Burman	7 th	Charlotte Castillo	17 th	Nick Camillone	27 th
Joe Connolly	7 th	Mary Diliddo	17 th	Douglas Perry	28 th
Roberta L. Tolber	7 th	Reginald Ford	17 th	Claire "Sally" Urbano	28 th
Ana Santiago	8 th	Lela Spekin	17 th	Karen Potter	28 th
Marge Shepard	10 th	Anne Paiva-Thibeault	18 th	Maryann Calnan	31 st
Pat Bennard	11 th	Gerri Barros	19 th	Patricia Claudio	31 st

Reminder: If you wish to have your name published in our newsletter, please write your name in the COA Birthday Book.

NEW & RENEWALS

Kathleen Avery
Melova Avraham
Errol Bourne
Ingunn Bourne
Roger P. Doucette

Edward Gaibl
Patricia Gaibl
Priscilla Gomes
Anthony Gregory
Barbara Gregory

Janice Harris
Paul F. O'Connor
Marie O'Connor
Ann Paiva-Thibeault
Adele Phillips

Carole Phillips
Suzanne Price
Susan J. Smith
Henry Soones
Ellen Starr

MEMORIALS

Roger Doucette in memory of Adele Doucette
Ann Paiva-Thibeault in memory of Edward Thibeault
Adele Phillips in memory of my daughter, Janine Melanson
Suzanne Price in memory of my sister-in-law, Patricia Stevens



FRIENDS OF THE BROCKTON COUNCIL ON AGING

10 Father Kenney Way, Brockton, MA 02301

Temporarily located at :The Shaw's Center 1 Feinberg Way, Brockton, MA 02301

Name: _____ Phone: _____

Address: _____

Membership for **\$10.00 pp** _____ Additional Contribution \$ _____

Memorial Donation \$ _____ In Memory of: _____

Make checks payable to The Friends of the Brockton Council on Aging



Brockton Council on Aging
Mary Cruise Kennedy Senior Center
Temporary location
Shaw's Center - 1 Feinberg Way
 Brockton, MA 0230

Brockton Council On Aging Staff

Janice Fitzgerald.....Director
 Lauren Conrad.....Assistant Director
 Cauna Magner.....Outreach Coordinator
 Christina Briggs.....Program Activities Coordinator
 Sophia Moliere.....Activities Assistant/
 Volunteer Coordinator
 Ruthie Graham.....Receptionist/Secretary
 Hugo Amado.....Custodian

Board of Directors

Jeanne Fuller-Jones.....Chair
 David Andrews.....Vice Chair
 Carol Delorey.....Secretary
 Clayton Reichenberg.....Treasurer

Board Members:

Paul Beckner
 Robert Graham
 Mary James
 Gerald Koelsch
 Anne McCormack
 Henry Soones
 Fabienne Zephyr

Alternates

Harriet Beasley
 Robert Beauchesne
 1 Vacancy

The next meeting is **Monday, December 2, 2024**
 at 10:00 AM in person at
 The Shaw's Center
 1 Feinberg Way
 Brockton, MA

Friends of the Council on Aging Board

Fran Zakszewski, Chair - Maxine Young, Vice Chair
 Lillian Dykes, Treasurer - Vickie Green, Secretary
 Martha Badgio- Melinda Howard - Karen Landers -
 Dolores Langer - Suzanne Larke - Linda Reddin

The Friends of the Brockton Council on Aging, Inc.

is a non-profit organization that shall consist of individuals, associations, organizations, partnerships or corporations interested in improving the resources and services of the Brockton Council on Aging.

Activities Committee

Teddi Bourassa - Vickie Bassett - Gail Burman -
 Leonard Burman - Vickie Green - Jeanne Fuller-Jones
 Melinda Howard - Suzanne Larke - Linda Reddin -
 Bill Reddin - Henry Soones - Maxine Young

Building Committee

Janice Fitzgerald - Dan Palotta - Jim Plouffe
 David A. Andrews - Carol Delorey -
 Jeanne Fuller-Jones - Robert Graham -
 Ruthie Graham - Henry G. Soones

FRIENDS OF COA



Senior Dollar Fundraiser

November's \$100.00 cash prize
 winner:

Kathy Gillis!
 Congratulations!

Almond Cake

Simple and Delightful w/ Coffee

Lightly grease pan, preheat oven 325°. **Bake 40-50 min.**

Beat well: 1 ¼ cup sugar, 1 egg, 1 ½ tsp. almond flavoring, 2/3 cup milk.

Add: 1 ¼ cup flour, ½ tsp. baking powder

Add: 1 stick melted butter

Add: sliced almonds in bottom of pan then add batter.

Bake: let cool completely before removing from pan. Sprinkle cooled cake with confectioners' sugar.

Recipe From: Barbara Maki

Crazy Chocolate Cake

1 ½ cups flour
 1 cup sugar
 3 tbs. cocoa
 ½ tsp. salt
 1 tsp. baking soda

Sift into a 8" round or square pan

6 tbs. salad oil
 1 tbs. vinegar
 1 tsp. vanilla
 1 cup water

Make 3 "wells" in the dry ingredients. Distribute remaining ingredients into the wells. Stir in water. Stir until smooth.

Bake 350° for 25-30 minutes

Leave in pan. Frost or sprinkle with powdered sugar

Recipe From: Beverly Perrault

Phone: 508-580-7811

Fax: 508-580-0289

Emergency Hotline 508-941-0292

Elder Abuse Hotline #

1-800-922-2275

Please use this number anytime day or night to report suspected elder abuse.

Mission Statement

The Brockton Council on Aging, a branch of city government, is mandated to assess the needs and provide programs and services to Seniors in the community and strives to improve their quality of life. The Council on Aging offers through its staff and volunteers easy access to an array of general programs, information, and socialization opportunities to seniors age 60 years and older.