

Mary Cruise Kennedy Senior Center > Thrive!  NOVEMBER 2024

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 November! I hope that you are all safe, healthy, and happy.
 Here are a few important updates from my office:

- **Election Day** is Tuesday, November 5th. I encourage you to make plans to exercise your right to vote in this very important election. Polls are open 7:00 am–8:00 pm. If you have any questions please contact the City's Elections Commission at 508-580-7117.
- On Monday, November 11th, the City will honor its veterans with the annual **Veterans' Day Parade**. The parade will begin at 10:00 am at the War Memorial, 156 West Elm Street.
- **There will be a one day trash delay** due to the Veterans' Day holiday. Friday's trash collection will take place on Saturday.
- Due to **Thanksgiving** on Thursday, November 28th, City Hall, the Council on Aging, Board of Health, City Hall Annex at the Shaw's Center, the Recycle Depot, and all branches of the Brockton Public Library will be closed to the public on November 28th and Friday, November 29th.
- Thanksgiving Day is a great day for football in the City of Champions! Our student athletes will be playing at these times:
 - Brockton High School vs. Bridgewater-Raynham: 10:00am at Marciano Stadium, 470 Forest Avenue
 - Cardinal Spellman at Archbishop Williams High School: 10:00 am at 80 Independence Ave, Braintree
- The **Thursday, November 28th trash** will be picked up on Friday, November 29th. Friday's trash will be picked up on Saturday.
- **The 38th Annual Holiday Parade and Celebration** is on Saturday, November 30th, 10:00 am–3:00 pm, hosted by my office. The parade kicks off at 12:00 pm on the corner of Main Street and Belmont Street. Enjoy music, games, food, vendors, entertainment, and activities all around Downtown Brockton. If you would like to volunteer to help out, contact my office at 508-580-7123.
- We have received many inquiries from Council on Aging members regarding the vacant seats on some of the **City's boards and commissions**. Thank you! We have a particular need for members on the Cemetery Board of Trustees and the Commission on Human Rights (formerly Diversity, Equity, and Inclusion). If you have any interest in joining a board or want to find out more information, contact Ms. Celia Canavan in my office at ccanavan@cobma.us or 508-580-7123 x6825.

I hope you all enjoy a wonderful Thanksgiving filled with great food and wonderful company. Be well and stay safe! Please contact my office at 508-580-7123 if I can be of any assistance. Thank you and my best to you and your families.

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

Director's Message

*On Veteran's Day
 we honor all
 Who answered to
 a service call.
 Soldiers young, and soldiers old,
 fought for freedom
 Brave and Bold.*

Let me start by saying thank you to everyone who helped and participated in the Health & Safety Fair and the Coffee with a Cop event. We had a great turnout for both!

As we approach the holiday season, I want you to know that if you are feeling overwhelmed or blue speak to one of us or attend the presentation here on November 14th at 10:00 that will give you some tips on dealing with the stress.

This month is National Diabetes month. Because we know the statistics for diabetes is high in the community, we will have the Board of Health here to do Glucose screenings as well as answer any questions you may have regarding the disease. Also, November 21st is the Great American Smoke-out. Please read the information in this Newsletter if you are looking for information on how to stop smoking.

Because we are starting to pack up things to transition back to Father Kenney Way, I am asking that you DO NOT bring any items in for the FREE table. If you bring items in we will have to ask you to take them back with you. Thank you for understanding.

BUILDING UPDATE:
 This month I do not have any pictures for you but I can tell you that we are starting to see the building come together. All the walls are up, tiling, flooring and painting are being done, kitchen equipment is being delivered and we have all our doors on a keying system, that I am still trying to figure out (Hahaha). I hope you are all getting as excited as we are! The best part of our opening will be seeing everyone's faces when you walk in the doors.

In closing, I want to say thank you to all our Veterans and to wish you all a Happy Thanksgiving.

Janice



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

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

CALENDAR OF EVENTS

November 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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. • We accept sign-ups for all programs and activities on or after the 1st of the month.				9:15 Walking Group 1 10:00 Posture and Balance 11:00 Eldys' Yoga 12:00 Strong & Stable 12:00 Mah Jongg
9:00 Activities 4 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 5 11:30 Knitting & Crochet 12:00 Community Dining: <i>Pork Choppette</i> 12:30 Hand & Foot 1:00 Vaccine/Booster Clinic 1:00 Grief Support Group 2:00 SLN: "Ford's Theatre & Lincoln Assassination"	 2:00 Corn Hole 2:00 *NEW* Zumba Gold	9:00 Art from Heart 7 10:00 Cribbage 12:00 Community Dining: <i>Turkey Chile</i> 12:00 Train Dominoes 12:30 Tutoring with Greg 1:00 Mat Yoga	9:15 Walking Group 8 (<i>Weather Permitting</i>) 10:00 Posture and Balance 10:30 BINGO 11:00 Eldys' Yoga 12:00 Strong & Stable 12:00 Mah Jongg
 COA CLOSED	9:15 Line Dancing 12 10:00 Craft with West Acres 11:30 Knitting & Crochet 12:00 Community Dining: <i>Hot Dog</i> 12:30 Hand & Foot 1:00 Vaccine/Booster Clinic 2:00 SLN: "The Roosevelt Children"	9:15 Tai Chi 13 11:00 Movin and Groovin 12:15 Mindfulness, Relaxation, & Meditation 1:00 Mystery Book Club 1:30 The Mystery of Writing a Series (<i>following Mystery Book Club</i>) 2:00 Corn Hole 2:00 *NEW* Zumba Gold	9:00 Art from Heart 14 10:00 Cribbage 10:00 Managing Holiday Stress Workshop 12:00 Community Dining: <i>Cajun Tilapia</i> 12:30 Tutoring with Greg 1:00 Mat Yoga 2:30 Fall Prevention with Brockton Fire Dept.	9:15 Walking Group 15 10:00 Posture and Balance 11:00 Eldys' Yoga 12:00 Strong & Stable 12:00 Mah Jongg 1:00 Parkinson's Support Group
10:00 Silver Boot Camp 18 10:30 Pop Up Art School Craft: Felted Pumpkin 1:00 Whist 1:00 Tonin' & Stretchin' 1:00 COA Book Club 2:15 Golden Girls Women Discussion Group	9:15 Line Dancing 19 11:30 Knitting & Crochet 12:00 Community Dining: <i>Macaroni & Cheese</i> 12:30 Hand & Foot 1:00 Vaccine/Booster Clinic 1:00 Grief Support Group 2:00 SLN: "Chimney Rock Museum"	9:15 Tai Chi 20 10:00 Caregivers Support Group 11:00 Movin and Groovin 12:15 Mindfulness, Relaxation, & Meditation 2:00 Corn Hole 2:00 *NEW* Zumba Gold	9:00 Art From Heart 21 10:00 Cribbage 11:00 Blood Pressure/Glucose Screening 12:00 Thanksgiving Special: <i>Roasted Turkey w/ Gravy, Stuffing, Whipped Potato, and assorted pies!</i> 12:00 Train Dominoes 12:30 Tutoring with Greg 1:00 Mat Yoga 1:30 Art For Your Mind: <i>Journey into Native American Art</i>	9:15 Walking Group 22 9:30 Pet Pantry 10:00 Posture and Balance 11:00 Eldys' Yoga 12:00 Strong & Stable 12:00 Mah Jongg 2:00 Heartburn Presentation w/ Signature Health
9:30 Dull Men's Group at My Three Sons Diner 25 10:00 Silver Boot Camp 10:00 Legal Consults 1:00 Whist 1:00 Tonin' & Stretchin' 1:15 Monday Movie: <i>Alive Inside</i> A Special Screening for Alzheimer's Disease Awareness Month	9:15 Line Dancing 26 11:30 Knitting & Crochet 12:00 Community Dining: <i>Pork Oriental</i> 12:30 Hand & Foot 1:00 Vaccine/Booster Clinic 1:00 Musical Bingo with Brockton VNA Hospice 2:00 SLN: "Wyoming Veterans Museum"	9:15 Tai Chi 27 11:00 Movin and Groovin 12:15 Mindfulness, Relaxation, & Meditation 2:00 Corn Hole 2:00 *NEW* Zumba Gold	 COA CLOSED	 COA CLOSED

What's Inside

Mayor's Message/Director's Message..... Cover
 Calendar of Events..... Page 2
 Table of Contents..... Page 3
 Senior Dollar Fundraiser Winner..... Page 3
 Holiday Party..... Page 3
 Announcements..... Page 3
 Donations..... Page 3
 Weather Policy..... Page 3
 Special Events..... Page 4
 Journey into Native American Art..... Page 4
 The Mystery of Writing a Series..... Page 4
 Fall Prevention Presentation..... Page 4
 Managing Holiday Stress..... Page 4
 Dull Men's Breakfast..... Page 4
 Exercise..... Page 5
 Exercise Programs..... Page 5
 NEW! Zumba Gold..... Page 5
 Health & Wellness..... Page 5
 Heartburn Presentation..... Page 5
 The Great American Smokeout..... Page 5
 Health Clinics..... Page 5
 COA Health Clinics..... Page 5
 National Diabetes Month..... Page 5
 Lifelong Learning..... Page 7
 NEW! Senior Learning Network Calendar... Page 7
 Bloom Trips..... Page 7
 Community Dining..... Page 7
 November Menu..... Page 7
 Thanksgiving Special..... Page 7
 Fun & Games..... Page 8
 Discussion Groups..... Page 8
 Arts & Crafts..... Page 8
 Felted Pumpkin Craft..... Page 8
 Paper Punched Christmas Tree..... Page 8
 Movies..... Page 8
 COA Services..... Page 9
 How Can We Help?..... Page 9
 SNAP Applications..... Page 9
 Legal Consults..... Page 9
 Pet Pantry..... Page 9
 1-on-1 iPhone & Computer Tutoring..... Page 9
 Fuel Assistance..... Page 9
 Open Enrollment..... Page 9
 Office Hours w/ Elected Officials..... Page 9
 Support Groups..... Page 9
 OCES: Giving Tuesday..... Page 9
 Birthdays..... Page 10
 New & Renewal of Members..... Page 10
 Memorials..... Page 10
 Donation Slip..... Page 10
 Staff and Board Directory..... Back Cover
 OCES Message..... Back Cover

PLEASE JOIN US FOR A

HOLIDAY Party

WEDNESDAY DECEMBER 18TH, 2024
 AT 12:00 PM

FOOD - MUSIC - DANCE - BE MERRY

LOCATION: TEEN CHALLENGE
 20 CLIFTON STREET, BROCKTON, MA 02301

Enjoy a delicious three-course chicken meal and entertainment provided by DJ Joe Lupica

\$15.00 PER PERSON PLEASE SIGN UP AND PAY AT THE FRONT DESK BY 11/27/2024

TICKETS ARE PRIORITIZED FOR BROCKTON SENIORS.

Let's celebrate together!

ANNOUNCEMENTS



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.

Senior Dollar Fundraiser

October's \$100.00 cash prize winner:
Lorene DeSimon! Congratulations!





The Mystery of Writing a Series
Wednesday, November 13th
at 1:30 PM

*(Immediately following the
 Mystery Book Club)*

Come and enjoy a chat with
 author **Debi Graham-Leard!**

After a humorous beginning, she published her debut mystery titled 'The Uninvited Guest'. When that first story bloomed into a series, she needed to develop new plots, create new characters, coordinate the titles, and decide on cover images. She'll conclude with a short reading plus a Q&A session with audience members.

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.

*In Honor of Indigenous People's Month
 The Brockton Council on Aging presents:*



**Journey into Native
 American Art**
Thursday, November 21st
At 1:30 PM

Art For Your Mind is an engaging, educational, art observation experience designed to broaden the minds of its participants. Presentations are for people of all backgrounds – artists and non-artists alike. The featured topic, **Journey into Native American Art**, offers a way to closely observe hand-made creations of America's indigenous people through time, from across our country. See how unique natural resources from a variety of regions help to define the beliefs and practices of these diverse cultures. Join local art historian Jill Sanford for an enjoyable hour of challenging yourself to see in new ways!

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.

FALL PREVENTION & SAFETY



Thursday, November 14th at 2:30 PM

Join us for an informative session with Brockton Firefighter Elvis Lopes as he returns to the Council on Aging to discuss the crucial topic of Fall Prevention. Elvis will share valuable tips and strategies to help keep our community safe and mobile. Don't miss this opportunity to learn how to reduce fall risks and enhance your daily life!

Call 508-580-7811 to sign up now!



Managing Holiday Stress

**Thursday, November 14th
 at 10:00 AM**

Stress can be a significant challenge during the holiday season, impacting our mental and physical well-being. In this presentation from *Pearls of Wise Women*, participants will explore the effects of holiday stress and learn how to effectively manage it. Discover practical strategies to identify and cope with seasonal stressors, while embracing tools like an attitude of gratitude, adaptability, lifelong learning, and meditation. Join us for an enriching session that will equip you with the skills to enjoy a more peaceful and fulfilling holiday season!

Call 508-580-7811 to sign up.



Dull Men's Breakfast

Date: Monday, November 25th
Time: 9:30 AM

Location:
My Three Son's Diner
1050 Pearl St, Brockton, MA
Cost: \$3.00 Per Person

Join The Dull Men for a delicious breakfast at My Three Son's Diner! This is a wonderful chance to kick-start your day with good food and even better company. Join us for a morning filled with light-hearted conversation, the sharing of wonderfully dull anecdotes, and the camaraderie that makes our club so special.

Sign up and pay at the front desk by 11/18/2024
Limited Spots Available.

Please note: We kindly ask that this gathering be attended by men only. We can't wait to see you!



COA EXERCISE PROGRAMS

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.

NEW 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.

Mat Yoga with Pat

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

Practice yoga from a chair or a mat

Shoe City Walkers

Fridays at 9:15 at the Brockton COA

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!*

Posture and Balance

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

Improve your balance, coordination, and posture through stretching exercises

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.



NEW FITNESS CLASS!

Zumba Gold with Heather Zukowski
Every Wednesday at 2:00 PM
\$5.00 Per Person

Join our new Zumba Gold class designed for active older adults! Enjoy a fun, low-impact dance workout with easy-to-follow moves that boost balance, coordination, and endurance. Whether you're a seasoned dancer or a beginner, you'll find a welcoming community and expert guidance. Come dance, socialize, and enhance your well-being—**her first class on 11/6 is FREE!**

Heartburn

Causes, Symptoms & Treatment

with General Surgeon
Dr. John Mitko
 from Signature Healthcare



Join us on Friday, November 22nd at 2:00 PM
 In recognition of **GERD** (Gastro Esophageal Reflux Disease) **Awareness Month**, Dr. John Mitko, General Surgeon from Signature Healthcare will be presenting on Heartburn - Causes, Symptoms, & Treatment. We hope to see you there!
Call 508-580-7811 to sign up to attend!



SIGNATURE HEALTHCARE

www.MySignatureCare.org



The Great American Smokeout® November 21

Quitting smoking isn't easy. It takes time and a plan. You don't have to stop smoking in one day. Start with day one. Let the Great American Smokeout event on the third Thursday in November be your day to start your journey toward a smoke-free life. You'll be joining thousands of people who smoke across the country in taking an important step toward a healthier life and reducing your cancer risk. Plus, the **American Cancer Society** can help you access the resources and support you need to quit.

Event Tools & Resources

Quitting smoking is a process, and success may look different for different people. There are many ways to quit smoking, and some work better than others. The American Cancer Society can tell you about the steps you can take to quit smoking and help you find quit-smoking programs, resources, and support that can increase your chances of quitting successfully. **To learn about the available tools, call the American Cancer Society at 1-800-227-2345.**

Get help quitting smoking

Quitting smoking is not easy, but you can do it. To have the best chance of quitting and remaining smoke-free, you need to know what you're up against, what your options are, and where to go for help.

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, November 21st at 11:00 AM - 12:00 PM

by Brockton Board of Health

· Blood Pressure Clinic

Friday, November 29th at 9:30 - 10:30 AM

by Brockton Visiting Nurse Association



In Recognition of National Diabetes Month:

The Brockton Board of Health will provide informational handouts about diabetes during the blood pressure and glucose screening clinic on:

Thursday, November 21st from 11:00AM-12:00PM

NEW! **Senior Learning Network Every Tuesday at 2:00 PM**
Discover History with Senior Learning Network!

Join us every Tuesday at 2:00 PM via Zoom for fascinating programs tailored for older adults. These live sessions 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:



November 5th: Ford's Theatre and the Lincoln Assassination Join us at Ford's Theatre, as we visit the story of Lincoln's assassination from the place where it happened! Explore the world of Civil War Washington, D.C., the events leading up to the night of the assassination and consider its lasting legacies. During this program, we will look closely at historical and contemporary images including maps, photographs and illustrations.



November 12th: The Roosevelt Children, FDR Presidential Library and Museum Often overshadowed by their incredibly accomplished and famous parents, we will take this time to get to know the Roosevelt children. We will discover some of the successes and failures of the family, and how they may compare to other presidential offspring. How was being the child of such important and famous parents a drawback? Was it a hindrance or a help? Join us as we explore these and other fascinating facts by one of our favorite presenters, Jeff Urbin, from the FDR Presidential Library and Museum.



November 19th: Chimney Rock Museum: The Oregon Trail, "Chance, Choice, and Chimney Rock!" Experience the Oregon Trail like never before at Chimney Rock! Discover the importance of choice, chance, and opportunity as our expert shares

real stories of those affected by the historic trail. Feel the awe and curiosity the pioneers experienced when they saw the most famous landmark on the Oregon, California, and Mormon Trails. Designated as a National Historic Site on August 9, 1956, Chimney Rock and the Ethel and Christopher J. Abbott Visitor Center are maintained and operated by the Nebraska State Historical Society.



November 26th: Virtual Tour of the Wyoming Veterans Museum In honor of Veterans Day this month, we will visit the Wyoming Veterans Museum, located in the heart of the World War II Casper Army Air Base. The Wyoming Veterans Memorial Museum honors and shares the contributions made by generations of Wyoming veterans. Explore the individual

experiences of soldiers, sailors, airmen, and marines who protected our nation around the globe. Learn more about military history and genealogy in our small research library. Step outside and take a tour of the WWII Casper Army Air Base. Learn more about the base, built after Pearl Harbor, which trained bomber crews for service above Europe and the Pacific. It's always a good day to honor our Veterans!

Call 508-580-7811 to sign up today!

BLOOM TRIPS

TRIP POLICY: Open to Brockton AND out-of-town residents 60 years of age or older. Please sign up and pay at the Front Desk. Full payment is due at time of sign up. **TRIPS ARE NON-REFUNDABLE and NON-TRANSFERABLE** **NOTE: WE DO NOT KEEP CASH ON HAND. IF PAYING CASH, PLEASE BRING EXACT CHANGE.**

TRIP PICK-UP & DROP-OFF LOCATION:
BROCKTON HIGH SCHOOL (FINE ARTS LOT)
470 FOREST AVE, BROCKTON, MA
Boston Holiday Pops Orchestra

Thursday, December 12th \$139.00 + \$2.00 CASH TIP
Pick-Up: 1:00 PM Approx. Return: 6:15 PM

Join Bloom Tours for a performance filled with holiday music favorites, the traditional Pops sing-a-long, and even a visit from jolly old Santa Claus! Boston Symphony Hall is a sight to see. **RSVP by: 11/8/2024**

November 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
5 Pork Choppette Tater Tots Scandinavian Vegetables Whole Wheat Bun Pineapple Tidbits	7 Turkey Chile White Rice Chuckwagon Vegetables Corn Muffin Diced Peaches
12 Hot Dog Vegetarian Baked Beans Zucchini Squash Mustard Whole Wheat Bun Apple Oatmeal Bar	14 Cajun Tilapia Citrus Salsa Brown Rice Carrots Rye Bread Mixed Fruit
19 Macaroni & Cheese Spinach Whole Wheat Roll Fresh Apple	21 Thanksgiving Special Turkey Breast w/ Giblet Gravy Savory Stuffing Whipped Potato Cranberry Sauce Parslied Buttered Carrots Corn Bread & Assorted Pies courtesy of West Acres
26 Pork Oriental Lo Mein Noodles Asian Vegetables Whole Wheat Roll Applesauce	28 Happy Thanksgiving COA Closed



Thanksgiving Special

Community Dining

Thursday, November 21st at 12:00PM

Lunch: Roasted Turkey Breast with Giblet Gravy

Savory Stuffing

Whipped Potato

Cranberry Sauce

Parslied Buttered Carrots

Corn Bread

Sign up by calling 508-580-7811

RSVP by 11/13/2024

Suggested Donation \$2.50

Music by DJ Bill Reddin!

A Alliance
 Health at West Acres

A delicious assortment of pies for dessert will be provided by Alliance Health at West Acres!



FUN & 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
Train Dominoes: every other Thursday at 12:00 PM
Mah Jongg: every Friday at 12:00 PM



BINGO!

• **Friday, November 8th at 10:30- 2:30 PM**
 • **NO BINGO ON 11/29**

- 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, November 26th 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.

DISCUSSION GROUPS



The Brockton COA's Golden Girls
Monday, November 18th 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!

Mystery Book Club

This month we will be discussing:
Murder on Boston Common
 by Andrea Kress

Type of mystery: cozy

Wednesday, November 13th at 1:00 PM

Call 508-580-7811 to sign up!

Afterward, there will be a special presentation on Mystery Writing by author Debbie Graham-Leard!

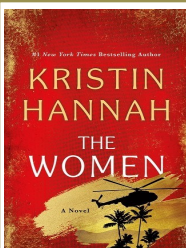


Book Club

This month we will be discussing:
The Women
 by Kristin Hannah

On Monday, November 18th at 1:00 PM

Call 508-580-7811 to sign up!



ARTS & CRAFTS

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



Felted Pumpkin Craft Monday, November 18th 10:30 AM

Learn how to needle felt a pumpkin 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.



paper punched CHRISTMAS TREES

Paper Punched Christmas Tree Craft Tuesday, November 12th at 10:00 AM

Join Katie from Alliance Health at West Acres for another awesome craft! This time we will be making cute holiday trees out of decorative paper.



Call 508-580-7811 to sign up!
Limited Spots available.

MOVIES

Monday Movie Matinee

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



It Ends With US (2024)
Monday, November 4th at 1:15
Runtime: 2 hours 10 minutes

Blake Lively stars in this film adaptation of Colleen Hoover's best-selling novel about the compelling story of Lily Bloom (Lively), a woman who after overcoming a traumatic childhood finds herself reliving the same trauma with her husband.



November is Alzheimer's Disease Awareness Month! Join us for a special screening of Alive Inside to honor this important occasion.

Alive Inside (2014)
Monday, November 25th at 1:15 PM
Runtime: 1 hours 18 minutes

Dan Cohen, founder of the nonprofit organization Music & Memory, fights against a broken healthcare system to demonstrate music's ability to combat memory loss and restore a deep sense of self to those suffering from it.

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



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:

- Complete the order form at the Council on Aging
- 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.

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, November 25th at 10:00 am - 11:30 am
Call 508-580-7811 for an appointment.

SUPPORT GROUPS

Grief Support Group Member Testimonial

"If you are thinking of attending the grief support group, I recommend it. You will find true understanding and empathy here. Each one has their own story; however, the common thread is we all have lost someone we love. We help each other by talking about it. If you are fortunate you may find friends, as I did. We went to lunch together the weeks we did not have a meeting. There is no time period for grief, it is very individual".

-Anonymous

The Grief Support Group Meets on the 1st and 3rd Tuesday of every month.

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 *NEW DATE*

3rd Friday of every month at 1:00 PM



This month's Pet Pantry is on:

Friday, November 22nd 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

FUEL ASSISTANCE

Recertifications: If you are already receiving fuel assistance, please be on the lookout for your recertification application. Once you receive it, look it over, attach current income documents (ONLY if there are any changes), sign it and return it to SELF HELP.

New Applications: If you are applying for the first time, you must call Ruthie to make an appointment in order to complete an application.

If you need help, call Ruthie here at 508-580-7811.

MEDICARE
OPEN ENROLLMENT
OCT. 15 - DEC. 7

Open Enrollment Appointments

Reminder: We are currently scheduling appointments! When you schedule your appointment, we will let you know what information you should have available. Appointments will be by phone again this year. We will call you at the time allotted for you to take your information and review your coverage.

To schedule your appointment call 508-580-7811

OCES: GIVING TUESDAY



Old Colony Elder Services (OCES) has launched its #GivingTuesday Campaign!

Millions face behavioral health challenges annually, with over 58 million U.S. adults affected by mental illness.

OCES is expanding its services to meet the urgent need for mental health support through its #GivingTuesday Campaign, benefiting its Behavioral Health and Wellness Programs.

These programs provide essential support to older adults and individuals with disabilities, offering counseling, resources, and case management for those dealing with behavioral health issues, chronic illness, or substance misuse. The OCES Behavioral Health Outreach for Aging Population Program also offers in-home counseling.

Please consider donating to OCES to support these vital programs. OCES is a tax-exempt charitable organization (501c3). To donate online, visit <https://ocesma.org/get-involved/donate>. For questions, contact **Erlynn St. Cyr** at estcyr@ocesma.org or call **508-584-1561 x621**.

Thank you!

NOVEMBER BIRTHDAYS

Patty Crooker	1 st	Shirley Bonnette	12 th	Sandra Futterlieb	20 th
Theresa Dimond	2 nd	Kenneth W. Robinson	12 th	Elva Jenkins	20 th
Robert M. Keaveney	3 rd	Ruth Gill	13 th	Inez Jefferson	20 th
P. Nunzio Urbano	3 rd	Kathleen Gurley	13 th	Theo Schmidt	20 th
Carol Degni	4 th	Anita Fuller	14 th	Mary Seaver	21 st
Bonita Angelo	5 th	Dave McSweeney	14 th	Janet Hale	22 nd
Francis J. Rutkauskas	6 th	Idella Payne	14 th	Lucy Low	22 nd
Carol Auger	7 th	Miyoko Hart	15 th	David Andrews	23 rd
Cecelia Shefton	7 th	Ola M. Brown	16 th	Sadie-Anne Maroon	23 rd
Henry Soones	8 th	Daniel Clague	16 th	Angeline Masatis	23 rd
Mary Crocker	9 th	Beatrice Johnlewis	16 th	Trudy Dube	25 th
Marie Excellent	9 th	Margaret Benoit	18 th	Bettie Lee	25 th
Irene Presseault	9 th	Holly Dupre	18 th	Walter (Wally) Breese Jr.	26 th
Bennett Aronson	10 th	Rose Hale	18 th	Rae DeLea	26 th
Judith Tweedy	10 th	Michael Almeida	19 th	Jackie Dobson	26 th
Linda Watson	10 th	Judith Jackson	19 th	Marilyn Epstein	27 th
Bob McCormack	11 th	Bobbie Lemasa	19 th	Karen L. Jones	27 th
Kenneth Spaulding	11 th	Barbara Mansfield	19 th	Jean Sanon	30 th
		William Wright	19 th		

Reminder: If you wish to have your name published in our newsletter, please write your name in the COA Birthday Book. Be sure to listen to radio station 95.9 FM WATD at 5:45am to hear your birthday announced

NEW & RENEWALS

Maria Alves
Carmen Bradshaw
Barbara Brooks
Steven Brooks
Maryann Calnan

Claire Dauwer
Patricia Emanuel
Richard A. Emanuel
James Farwell

Karen Farwell
Janice Hinglebine
Ruth V. Littleton
Patricia E. Lovett

Puhui Ormond
Suzanne Price
Domenic Ricci
Robert Smith
Jean Terrio

MEMORIALS

Claire Dauwer in memory of Larry Snow.
Maryann Calnan in memory of Richard Calnan.
Suzanne Price in memory of Virginia and Henry Price.
Domenic Ricci in memory of Mom & Dad Ricci.
Robert Smith in memory of Dorothy A. Smith.



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
 2 Vacancies

The next meeting is **Monday, November 4, 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 - Helen O'Connor-
 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

OCES MESSAGE

Shining a light on Caregivers and honoring their commitment during National Caregiver Month

The number of family caregivers in the U.S. has increased significantly in recent years. According to "Caregiving in the U.S. 2020" report presented by the National Alliance for Caregiving and AARP, 53 million Americans provided unpaid care in 2020; up by 9.5 million since 2015. The report also showed that 26 percent of Americans are caring for someone with dementia or Alzheimer's disease.

The Caregiver Balancing Act

Caregivers are often juggling work, family, and caregiving responsibilities. Caregiving is a balancing act, and it is imperative that caregivers take care of themselves. A caregiver's health is important, and self-care must be a priority. It is not uncommon for caregivers to become overwhelmed and "burned out", which can negatively affect their physical and mental health.

There is a support program for caregivers of any age, including grandparents raising their grandchildren. Old Colony Elder Services (OCES), the largest provider of in-home and community-based services for older adults and individuals living with disabilities in Southeastern Massachusetts, offers the Family Caregiver Support Program (FCSP). FCSP reassures families that they are not alone and that resources are available to assist them in their caregiving. Caregivers receive one-on-one support with creation of a personalized plan outlining available resources encompassing OCES programs as well as community resources appropriate to their caregiving situation. Here are some ways that FCSP can help:

- Refer family caregivers to educational workshops or programs that share techniques to help with stress reduction, time management, goal setting, problem-solving, relaxation and more.
- Assist in identifying alternative caregiving options so family caregivers can have respite and prevent burnout.
- Connect caregivers to in-person and virtual Support Groups focusing on Dementia, Cancer, Memory Café, or Substance Abuse.
- Enroll caregivers in OCES' Music & Memory program, a personalized, therapeutic music program for individuals with memory impairment. This is offered to family caregivers of adults of any age with Alzheimer's disease or dementia.
- Determine eligibility for one-time financial assistance to the caregiver for respite, camperships for grandchildren, training and/or other caregiving related needs.

Each caregiver's situation is unique and complex. OCES' programs and community partners supply caregivers with the tools to thrive.

Spotlight on Caregivers

In honor of National Caregiver Month, OCES is putting the spotlight on local caregivers and honoring their commitment to caregiving. Throughout November, OCES will celebrate our community's caregivers who make a tremendous, positive impact in the lives of so many others. OCES will highlight caregivers nominated for recognition by family members, friends, associates, and individuals.

Join us in celebrating caregivers! Read their stories in a special Caregiver Edition of the OCES newsletter available online at ocesma.org/news and on social media at facebook.com/OCESMA.

Caregivers who would like to learn more about the Family Caregiver Support Program at OCES are encouraged to visit ocesma.org or call 508-584-1561.

Source: National Alliance for Caregiving. (n.d.) Caregiving in the US. <https://www.caregiving.org/research/caregiving-in-the-us/>

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.