

What's News?



BCOA

Brockton Council On Aging
At the heart of active living.

DECEMBER 2025 | MONDAY - FRIDAY 9AM - 4PM

DIRECTOR:
Janice B. Fitzgerald

Brockton Food Pantries

Below is a list of local food pantry locations and hours. While we've done our best to verify these details, please call ahead to confirm hours, eligibility, and availability. Most pantries require preregistration or proof of residency. Information is subject to change.

The Charity Guild Food Pantry

Location: 501 Main Street, Brockton, MA 02301

Telephone: 508-583-5280

Hours:

- Tuesday: 10 AM – 12 PM*
- Wednesday: 1 PM – 2:30 PM*
- Thursday: 10 AM – 12 PM*

*Or until the daily limit is reached.

Requirements: No Brockton residency required. Bring a piece of mail for each household member. You'll receive a Brockton Area Hunger Network (BAHN) card.

Languages: English, Cape Verdean Creole, Haitian Creole, Spanish

Catholic Charities South

Location: 169 Court Street, Brockton, MA 02302

Telephone: 508-587-0815

Hours:

- Monday–Wednesday: 10:00 AM – 11:45 AM
& 1:00 PM – 2:45 PM
- Friday: 9:00 AM – 12:00 PM

Requirements: New clients should arrive 20 minutes early to register. Bring ID, proof of address (mail), and names and dates of birth for all household members. You'll receive a BAHN card.

Languages: English, Cape Verdean Creole, Spanish

Full Gospel Church

Location: 541 Main Street, Brockton, MA

Telephone: 508-427-1620

Hours: 2nd Tuesday, 9:00 AM – 12:00 PM

Requirements: Part of the BAHN network; preregistration is likely required. Call ahead to confirm details.

Trinity Baptist Church

Location: 1367 Main Street, Brockton, MA 02301

Telephone: 508-588-4668

Hours: 1st & 2nd Tuesday: 4:00 PM – 6:00 PM

Soup Kitchen: Last Tuesday, 5:00 PM – 6:00 PM

Requirements: Open to local residents.

St. Edith Stein Church

Location: 71 E Main Street, Brockton, MA 02301

Telephone: 508-586-1575

Hours: Sunday by appointment

Requirements: Serves residents of zip code 02301 only. Call Monday–Thursday to schedule. Bring proof of residency (mail with name and address).

Christ the King Parish

Location: 54 Lyman Street, Brockton, MA 02302

Telephone: 508-586-1575

Hours: Saturday by appointment

Requirements: Serves residents of zip code 02302 only. Call Monday–Thursday to schedule. Bring proof of residency (mail with name and address).

Assembly of God Church

Location: 199 Warren Avenue, Brockton, MA 02301

Telephone: 508-583-7222

Hours: Friday, 10:00 AM – 12:00 PM (first come, first served)

Requirements: Open to all.

Languages: English, Spanish

Gethsemane Seventh-Day Adventist Church

Location: 34 Nilsson Street, Brockton, MA 02301

Telephone: 781-344-2992

Hours: 2nd Tuesday, 10:00 AM – 11:00 AM

Requirements: Open to Brockton residents and nearby communities. Bring photo ID and current mail or bill.

Languages: English, Haitian Creole, Spanish

Mt. Moriah Emergency Food Program/Soup Kitchen

Location: 24 Pleasant Street, Brockton, MA 02301

Telephone: 508-588-0833

Hours: Tuesday, 12:00 PM – 1:00 PM

Requirements: Open to Brockton residents. Bring photo ID and current mail or bill.



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CALENDAR OF EVENTS

December 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:00 Activities Committee Meeting 10:00 Board of Directors Meeting (Friends Meeting following) 10:00 Silver Boot Camp 11:00 Chess Club 1:00 Whist 1:00 Tonin' & Stretchin'</p>	<p>9:15 Line Dancing 12:00 Knitting & Crochet 12:00 Community Dining <i>Sloppy Joe</i> 12:30 Hand & Foot 2:00 SLN: Gettysburg National Military Park 2:00 A Personal Conversation in Mrs. Washington's Bedchamber</p>	<p>9:00 Tai Chi 11:00 Movin' and Groovin' 12:15 Mindfulness, Relaxation, & Meditation 12:30 Senior Self Defense 2:00 Zumba Gold 2:00 Mah Jongg Lessons <i>*by appointment only*</i></p>	<p>9:00 Art From Heart 10:00 Cribbage 12:00 Community Dining: <i>Beef Stroganoff</i> 12:30 Tutoring w/ Greg 1:00 Decorate the COA! 2:00 SLN: New Orleans Jazz Historic Park</p>	<p>9:00 Shoe City Walkers Holiday Potluck 10:00 Posture & Balance 11:00 Eldys' Yoga 12:00 Mah Jongg 12:15 Strong & Stable 1:30 Stress Relief for Parkinson's</p>
<p>9:30 Dull Men's Club 10:00 Silver Boot Camp 11:00 Chess Club 1:00 Whist 1:00 Tonin' & Stretchin' 1:00 COA Book Club</p>	<p>9:15 Line Dancing 12:00 Knitting & Crochet 12:00 Community Dining <i>Pasta w/ Meat Sauce</i> 12:30 Hand & Foot 1:30 Steve Thomasy, "The Great Depression and the New Deal" 2:00 SLN: Christmas with the Roosevelts</p>	<p>9:00 Tai Chi 11:00 Movin' and Groovin' 12:15 Mindfulness, Relaxation, & Meditation 1:00 Mystery Book Club 2:00 Zumba Gold 2:00 Mah Jongg Lessons <i>*by appointment only*</i></p>	<p>Holiday Party BCOA Closed for all activities</p>	<p>9:00 Shoe City Walkers at Westgate Mall 10:00 Posture & Balance 11:00 Eldys' Yoga 12:00 Mah Jongg 12:15 Strong & Stable 2:00 Trash & Recycling w/ DPW's Pat Sullivan</p>
<p>10:00 Silver Boot Camp 10:00 Legal Consultations 11:00 Chess Club 1:00 Whist 1:00 Tonin' & Stretchin'</p>	<p>9:15 Line Dancing 12:00 Knitting & Crochet 12:00 Community Dining <i>Chicken Marsala</i> 12:30 Hand & Foot 1:30 Shifting Gears w/ MassDOT RMV</p>	<p>9:00 Tai Chi 10:00 Fall Prevention & Safety w/ BFD 11:00 Movin' and Groovin' 12:15 Mindfulness, Relaxation, & Meditation 12:30 Senior Self Defense 2:00 Zumba Gold</p>	<p>9:00 Art From Heart 10:00 Cribbage 10:00 BP & Glucose w/ Brockton BOH 12:00 December Special: Chicken w/ Red Pepper Florentine Sauce & dessert from West Acres! 12:30 Tutoring with Greg 1:30 Yarn Hat Ornament Craft w/ Peg 2:00 Yoga & Reiki Workshop</p>	<p>9:00 Shoe City Walkers at Westgate Mall 9:30 Pet Pantry 10:00 Posture & Balance 11:00 Eldys' Yoga 12:00 Mah Jongg 12:15 Strong & Stable 1:00 Parkinson's Support Group 2:00 Sock Gnome Craft w/ Auggie & Macey</p>
<p>9:30 Dull Men's Club 10:00 Silver Boot Camp 11:00 Chess Club 12:00 BHS Senior Jazz Band Performance 2:00 Tonin' & Stretchin' <i>Please note time change!</i> 1:00 Whist</p>	<p>9:15 Line Dancing 12:00 Knitting & Crochet 12:00 Community Dining <i>Aloha Chicken</i> 12:30 Hand & Foot 1:30 Nutrition & Food Myths w/Tara Hammes</p>	<p>9:00 Tai Chi 11:00 Movin' and Groovin' NO Mindfulness, Relaxation, & Meditation NO Zumba Gold BCOA will be closing at noon today</p>	<p>Christmas Day BCOA Closed</p>	<p>9:00 Shoe City Walkers at Westgate Mall 9:30 Office Hours Rep. Michelle Dubois 10:00 Posture & Balance 11:00 Eldys' Yoga 12:00 Mah Jongg 12:15 Strong & Stable</p>
<p>10:00 Silver Boot Camp 11:00 Chess Club 1:00 Tonin' & Stretchin' 1:00 Whist 2:15 Women's Circle</p>	<p>9:15 Line Dancing 12:00 Knitting & Crochet 12:00 Community Dining <i>Jerk Chicken</i> 12:30 Hand & Foot 1:00 Musical Bingo w/ Brockton VNA</p>	<p>9:00 Tai Chi 11:00 Movin' and Groovin' 12:15 Mindfulness, Relaxation, & Meditation 2:00 Zumba Gold</p>	<p>Sign up for programs 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. Please note: All payments are cash, check, or money order only.</p>	

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AARP Tax-Aide Program for 2025 Income Tax Prep Assistance

The AARP Tax-Aide Foundation will again be providing volunteers certified by the IRS to help those who meet AARP guidelines in filing their federal and state income tax returns. The AARP Foundation offers free, personalized tax preparation and assistance to low and moderate income taxpayers. You do not need to be a member of AARP, a senior citizen, or a resident of Brockton to take advantage of this service.

Appointments may be made by calling 508-580-7811 beginning January 2nd for Brockton Seniors Only.

Appointments for preparing tax returns are available on Wednesdays at the Brockton COA, beginning February 4th through April 15th, starting at 9:00 AM each day.

To make your tax visit as efficient as possible, we ask that you complete our intake questionnaires before arriving for your appointment. You may pick up these questionnaires at the COA after you have scheduled your appointment. Please bring your spouse to your appointment if you are filing jointly.

Documents that you will need to bring:

- Your completed intake questionnaires
 - Your Social Security Card(s) and photo ID(s), and for your spouse if applicable
 - Social Security cards for all dependents you are claiming
 - All W2's, 1099s, and other tax-related documents for 2025
 - Mortgage Interest Statements for 2025, if any
 - Medical Expenses if they exceed 7.5% of your income (Please total expenses by category before your appointment)
 - Massachusetts Form 1099-HC for anyone who does not have health insurance from Medicare or Mass Health
 - Form 1095-A if you purchased health insurance through the Massachusetts Health Connector
 - Charitable contributions for which you have a receipt or written record
 - If claiming the Senior Circuit Breaker credit, bring your property tax (or rent costs) and water & sewer bills **paid** in calendar year 2025 (normally bills marked as "final" for fiscal year 2025 and "preliminary" for fiscal year 2026). Go to the Assessor's Office at City Hall to get a print out of your calendar year 2025 payments if you do not have the receipts.
 - A voided check if requesting direct deposit of any refunds
 - A copy of your 2024 federal & state income tax returns
- Our guidelines state that we may not prepare tax returns involving:
- Rental Income FOR MORE THAN 15 DAYS
 - Any virtual currency transactions or investments
 - Complicated Schedule K-1
 - Alternative Minimum Tax, Additional Medicare Tax, or Net Investment Income Tax.
 - Any sort of depreciation
 - Self-employment with expenses exceeding \$35,000, losses, employees, inventory, business use of home, or other complicating factors
 - Moving expenses
 - Returns for ministers, military or those that have farm income
 - Some investment income or itemized deductions that are not included in our training

**See back cover for
Senior Circuit Breaker Tax Credit Info!**



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 the City's 39th Annual Holiday Parade and Celebration on November 29th. The annual celebration is always a great kick-off to the holidays here in our "City of Champions."

Here are a few updates from my office:

Due to Christmas Day on Thursday, December 25th, trash pick-up will be delayed one day. Thursday's trash will be picked up on Friday, and Friday's trash pick-up will be picked up on Saturday. Monday, Tuesday, and Wednesday will be the normal schedule.

Weekly yard waste collection ends on Friday, December 12th. Christmas trees will be collected curbside from December 29th through January 9th.

As I am sure you are all aware, this will be my last message to you as the Mayor. I want to thank each and every one of you for your friendship and support over the past six years. Together, we experienced the COVID-19 pandemic, the renovation and addition of the Mary Cruise Kennedy Senior Center, the return of the classic Brockton Rox, and the construction of our beautiful new Public Safety Facility. Through it all, one thing I could always count on was being welcomed by the wonderful members of the Brockton Council on Aging. I wish you all the very best and I am sure I will see you all again.

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!

Please contact my office at 508-580-7123 if we can be of any assistance. Thank you from all of us here in the Mayor's Office and we extend our best wishes to you and your families. Be well and stay safe!

Sincerely,

Robert F. Sullivan, Esq.
Mayor
City of Brockton

From the Director's Desk

As we enter the month of December and prepare to close out another year, I want to extend my warmest wishes to all our older adults, families, and community partners. This season reminds us of the importance of connection, gratitude, and caring for one another. Whether you celebrate Hanukkah, Christmas, Kwanzaa, the Winter Solstice, or simply the peaceful transition into a New Year, may this month bring joy, warmth, and moments of reflection to you and those you love.

I would also like to take a moment to express our sincere appreciation to Mayor Sullivan for six years of dedicated service to the City of Brockton. Your leadership, commitment to our older adults, and unwavering support of the Council on Aging have made a meaningful difference in the lives of many. On behalf of our entire community, thank you.

As we look ahead to a new year full of possibilities, we remain committed to providing programs, services, and opportunities that support healthy aging and strengthen our community. Thank you for allowing us to be part of your lives.

Wishing you a safe, happy, and healthy holiday season—and a wonderful start to 2026.

Janice



Holiday Decorating



Decorate the BCOA for the Holidays!

Thursday, December 4th at 1:00 PM

Help us deck the COA halls in holiday spirit! We'll have hot chocolate, good company, and plenty of festive fun as we transform the building for the season.

Call 508-580-7811 if you'd like to help!





A PERSONAL CONVERSATION IN MRS. WASHINGTON'S BEDCHAMBER

**TUESDAY, DECEMBER 2, 2025
AT 2:00 PM**

Authentically portrayed by Sandy Spector, Sandy IS Martha Washington, as if it were 1784

Spend time with Mrs. Washington as she completes dressing for her day in this interactive and informative program. During the time together, Mrs. Washington will share news of her family, and how the current events that her husband is so deeply involved in impacts her family and her developing nation.

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 Wednesday, December 17th at 10:00 AM

Brought to you by the Council on Aging and Brockton Fire Department

Join us for an informative session with Firefighter Peter Reardon, Public Education officer of the Brockton Fire department to discuss the crucial topic of Fall Prevention. We will share valuable tips and strategies to help keep us safe and mobile within our community. Don't miss this opportunity to remind ourselves on how to reduce risks of falls and enhance our daily life.

- Causes • Prevention • Preparing your home
- Tools of daily living • What to do following a fall

508-580-7811 call to sign up



BCOA
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Trash and Recycling in Brockton

Friday, December 12th at 2:00 PM

Join Pat Sullivan, Brockton DPW Refuse Administrator for a presentation on Trash and Recycling in Brockton. Learn what items are accepted in your recycling bin, how to properly dispose of household waste, and helpful tips to make recycling easier and more effective for everyone in our community.

Call 508-580-7811 to sign up!



Brockton High School Senior Jazz Band Performance

**Monday, December 22nd at 12:00 PM
Location: The Brockton Council on Aging
10 Father Kenney Way, Brockton, MA**

Come enjoy a lively performance by talented Brockton High School student musicians!
The Senior Jazz Band celebrates the art of jazz through improvisation, collaboration, and creative expression. These students perform throughout the community, sharing their passion and talent—don't miss the chance to hear them live!

Call 508-580-7811 to sign up!



Maura Healey, Governor
Kimberley Driscoll, Lieutenant Governor
Monica Tibbitts-Nutt, Secretary & CEO
Colleen Ogilvie, Registrar



MassDOT Registry of Motor Vehicles "Shifting Gears" Workshop Tuesday, December 16th at 1:30 PM

Owning a vehicle and holding a driver's license are privileges that come with a great deal of responsibility. Recent studies show that most of us will outlive our ability to drive safely by seven to ten years. Crash data shows that 94% of crashes are caused by driver error, which means nearly all the crashes that happen on our roadways are 100% preventable.

The Massachusetts Registry of Motor Vehicles' Community Outreach Coordinator, Michele Ellicks, will present "Shifting Gears" - a safe driving workshop for older drivers. Join us to learn how to improve driver safety and assess your driving skills.

Topics include:

- Warning signs of unsafe driving
- How age-related changes might impact driving
- Rules of the road including the Vulnerable Road Users, Distracted Driving, and the Move Over Law; and
- How to prepare for driving retirement

The program also identifies the most common collisions for older drivers and provides safe driving tips as well as transportation options in your community.

Call 508-580-7811 to sign up today!

Nutrition & FOOD MYTHS

Tuesday, December 23rd at 1:30 PM

Join us as we welcome Tara Hammes from the Massachusetts Council on Aging (MCOA) for an informative and engaging discussion on how nutrition impacts your health as you age. Tara will also debunk some common food myths and share practical tips to help you make healthier choices every day.

CALL 508-580-7811 TO SIGN UP

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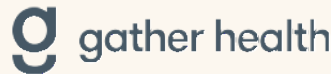


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Guidance for Seniors

Harbor of Wisdom



South Shore Senior Connections



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ClaireMatureMoves@gmail.com

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Small enough to Care.*



Jim & Claire Abate

Licensed Real Estate Agents

508-965-8844 508-965-4525

Claire@ClaireAbate.com

Jim@theAteam.realestate



BCOA Exercise Offerings

Silver Boot Camp

Mondays at 10:00 AM – \$3.00 suggested donation
Get fit and stay fit! This class offers a mix of cardio, strength, and conditioning, with varying levels of intensity. Designed specifically for seniors, Silver Boot Camp is floor-free and fully modified to suit your needs.

Tonin' & Stretchin'

Mondays at 1:00 PM – \$3.00 suggested donation
A fun, low-impact class that will have you moving and dancing right in your seat!

Line Dancing

Tuesdays at 9:15 AM – \$3.00 suggested donation
Learn the basics of line dancing, including simple steps and routines.

Tai Chi

Wednesdays at 9:00 AM – \$3.00 suggested donation
Start your day with the calming meditation and fluid movement of Tai Chi. *First class free for new participants!*

Movin' & Groovin'

Wednesdays at 11:00 AM – \$3.00 suggested donation
Stay active and challenged in this cardio and strength class designed to keep you fit and moving.

Mindfulness, Relaxation, & Meditation

Wednesdays at 12:15 PM – \$3.00 suggested donation
Learn various techniques to relieve stress, enhance relaxation, and gain personal insight.

Zumba Gold

Wednesdays at 2:00 PM – \$3.00 suggested donation
A fun, low-impact dance class designed to boost balance and coordination with easy-to-follow moves and lively music.

Shoe City Walkers

Fridays at 9:00 AM at Westgate Mall
Join us for a group walk and get moving with a supportive community.

Posture and Balance

Fridays at 10:00 AM – \$3.00 suggested donation
Improve your posture, balance, and coordination through targeted stretching exercises.

Eldys' Yoga

Fridays at 11:00 AM – \$3.00 suggested donation
A gentle introduction to yoga to improve mobility and flexibility. *First class free for new participants!*

Strong and Stable

Fridays at 12:00 PM - FREE
This class offers Parkinson's group training, available for Parkinson's participants and their caretakers.

Meditation and Stress Relief for Parkinson's

1st Fridays at 1:30 PM - FREE
Join us for a relaxation class designed specifically for individuals living with Parkinson's and their caregivers.

YOGA & REIKI WORKSHOP w/ Susan & Judy

Thursday, December 18th at 2:00 PM

Cost: \$3.00 suggested donation

The class will include chair yoga poses to warm up the body and prepare for deeper relaxation. Reiki is incorporated, through gentle hand placements on or near the body to promote energy flow and healing. The class aims to reduce stress, calm the nervous system, and leave participants feeling balanced and rejuvenated. Additional benefits can include lower blood pressure, improved sleep, and a greater sense of overall well-being. Led by certified instructors, Susan Andrea and Judith Struble.



Call 508-580-7811 to sign up.

This exercise workshop is funded, in part, by a grant from Old Colony Planning Council.

HEALTH CLINICS

**All clinics take place at the COA.
Call 508-580-7811 for more information.**



Mobile
Medical
Foot Care

Mobile Medical Foot Care

Nurse Practitioner and Certified Foot Care Specialist Donna Golden, will assess your feet and lower extremities for circulation, skin condition, and overall lower extremity health.

Services Include:

- Lower Leg & Foot General Assessment and Cleansing
- Edema/Excess Fluid Assessment
- Foot Measuring and Shoe Assessment
- Routine Foot & Nail Care
- Cutting Toenails
- Reduction of Thickened Hard Nails
- Reduction of Corns & Calluses
- Foot Care Education/Materials
- Physician/ Provider Referrals As Needed (PCP, Podiatry, Wound Center)

Appointments are 30-minutes long and begin on the *first Wednesday of every month*. **Cost is \$40.00 per person.**
Payment is required to secure your appointment.
Brockton Seniors are given first priority.



Professional Manicures with Joddie

Treat yourself to a relaxing and refreshing 30-minute manicure, right here at the COA!

Services includes:

- Removal of Old Polish
- Nail Clipping & Shaping
- Cuticle Care
- Soothing Hand Massage
- Fresh Polish

Cost is \$18 for service (cash or check).
This month, appointments are on Tuesday, December 2nd starting at 11:00 AM.
Payment is required to secure your appointment.



Visiting Dental Hygiene

Services Include: Teeth cleanings, oral health Education, and tips for maintaining a healthy smile. **The cost is \$35 or free with MassHealth.**
Payment is required to secure your appointment.
Brockton Seniors are given first priority.



Our exercise programs are funded, in part, by a grant from Old Colony Planning Council.

Blood Pressure & Glucose Clinic
Thursday, December 18th at 10:00 - 11:00 AM
By Brockton Board of Health



Senior Learning Network
Discover History with Senior Learning Network!

Join us for fascinating programs tailored for older adults. These live sessions will connect you to museums, parks, historical sites, and more!

**Please note that the program schedule in December has been modified to accommodate the holiday season.*



• **Gettysburg National Military Park**
Tuesday, December 2nd at 2:00 PM
 (NOTE: this is **tentatively scheduled**. If there is still an ongoing government shut-down, this program will be cancelled) Join a park ranger for a virtual tour of Gettysburg's monuments, memorials, and historic battle sites. Learn the stories behind one of the largest outdoor sculpture collections in the world, explore the battles that shaped the nation, and hear how soldiers, leaders, and communities remembered this pivotal moment in American history.



• **New Orleans Jazz National Historic Park**
THURSDAY, December 4th at 2:00 PM
 Take a virtual trip to New Orleans to explore the history, culture, and music of jazz. Learn how this uniquely American art form developed, hear stories of the musicians and neighborhoods that nurtured it, and discover how the park preserves and promotes this vibrant cultural legacy for future generations.



• **Christmas with the Roosevelts!**
Tuesday, December 9th at 2:00 PM
 Step into the Roosevelt White House for a festive virtual holiday experience. Explore the family's Christmas traditions, decorations, and celebrations during the Great Depression and World War II. Learn why they celebrated at the White House rather than Hyde Park, how their customs influenced holiday practices across the nation, and enjoy stories of the family's warmth and creativity during the season.
Call 508-580-7811 to sign up to attend!



The Great Depression and the New Deal w/ Steve Thomasy

Tuesday, December 9th at 1:30 PM

There is a saying that "History does not repeat itself, but it rhymes". 100 years ago, our country was experiencing the "Roaring 20s". 90 years ago, it was the Great Depression.... We will examine the causes of that change, and especially, the responses of Presidents Hoover and Roosevelt to the severe challenge to the "American way of life" Although we "Seniors" have no personal recollections, we all have remembered stories from our parents and grandparents.... What lessons from "the 20s" and "the 30s" are relevant in today's world ?

Call 508-580-7811 to sign up!



COA BOOK CLUB
Monday, December 8th At 1:00 PM



The River We Remember
 by William Kent Krueger

Coming up: 1/12/2025
The Coworker
 by Frieda McFadden

MYSTERY BOOK CLUB
Wednesday, December 10th At 1:00 PM



The Bourne Identity
 by Robert Ludlum

Coming up: 1/14/2026
The Girl with the Dragon Tattoo
 by Stieg Larson

Call 508-580-7811 to sign up!

ARTS & CRAFTS

Knitting & Crochet: every Tuesday at 12:00PM
Art From Heart: every Thursday at 9:00 AM



Yarn Hat Ornament Craft w/ Peg
Thursday, December 18th at 1:30 PM

If you're looking for the cutest little holiday craft ever, you've got to try these Mini Yarn Hat Ornaments! They're super easy to make, completely adorable, and add the perfect cozy touch to your holiday décor. No special skills required—just come ready to have fun and create something festive!

Call 508-580-7811 to sign up!

Limited Spots.

Brockton Seniors are given first priority.



Sock Gnome Craft w/ Auggie & Macey
Friday, December 19th at 2:00 PM



Join Auggie & Macey for another fun craft session! We will be creating adorable sock gnomes—perfect for winter decorating or gift-giving!

No sewing experience needed! Just bring your creativity and come enjoy a relaxed and social afternoon filled with creativity, laughter, and a touch of whimsy.



Call 508-580-7811 to sign up!


Limited Spots.

Brockton Seniors are given first priority.

OUTREACH NEWS
Facing Eviction Foreclosure or Utility Shut-Off?
 The Residential Assistance for Families in Transition (RAFT) may be able to help. RAFT may be able to provide up to \$7,000 in assistance. Contact our Outreach department for information.


- HOW CAN WE HELP?**
- | | |
|--|--|
| <ul style="list-style-type: none"> • Outreach, Social Services • SHINE Program • Knox Box • Transportation • Fuel Assistance • Durable Medical Equipment • Senior Property Tax Work Off | <ul style="list-style-type: none"> • AARP Free Income Tax Assistance • Prescription Advantage Program • Safety Assurance • Support Groups • SNAP Benefits • Housing Applications |
|--|--|

 **SNAP or FUEL ASSISTANCE** 
 Please call Ruthie at 508-580-7811

 **SHINE** *Serving the Health Insurance Needs of Everyone*
 If you need help with your health insurance, call Cauna at 508-580-7811

 **Surprenant, Beneski & Nunes**
 Estate Planning | Elder Law
Free Legal Consults w/ Surprenant, Beneski & Nunes, P.C.
Monday, December 15th at 10:00 am - 11:30 am
 You can discuss the following topics:
 • Foundational documents :
 Health Care Proxy, HIPAA Release, Durable Power of Attorney, Advance Directive, Last Will & Testament
 • Trust Planning
 • Long-term Care Planning
 • Medicaid Planning / MassHealth for Nursing Home
Call 508-580-7811 for an appointment.

 **The next Pet Pantry is on:**
Friday, December 19th at 9:30-10:30 AM
Please note: The program is currently **full**, but we are accepting applications for the **wait list**. Please call **508-580-7811** for any questions.
Pet Pantry Updates:
 • If you **miss pick-up twice without notifying us**, you will be **removed from the Pet Pantry list**.
 • If you're unable to pick up your items during the Pet Pantry timeframe (9:30–10:30 AM), you may pick them up directly at:
APCSM – 1300 W. Elm St. Ext, Brockton, MA 02301
 Please note: **We will no longer hold items beyond the scheduled Pet Pantry time at the COA.**

 **1-on-1 iPhone & Computer Tutoring with Greg**
Thursdays 12:00 PM - 3:00 PM
Call 508-580-7811 for an appointment

Hello Everyone!

 My name is Rick Alvarnaz, and I'm excited to introduce myself as the new Outreach Coordinator for the Council on Aging. I started on November 3rd and have already had the pleasure of meeting many of you. I look forward to connecting with the rest of our members and getting to know everyone better!

I've worked with older adults in Brockton for many years and have been a proud resident of this community for much of my life. In my role, I'm here to help guide you to the many community services and resources available in the greater Brockton area.

Please don't hesitate to reach out or ask for me if you need information or assistance — I'm here to help!

Warm regards,
 Rick Alvarnaz

BCOA Weather Policy

Weather Policy

In the event of a snow emergency or inclement weather, please note the following:

- Staff and seniors should listen to local radio or TV stations for public school closings.
- If Brockton Public Schools are closed due to weather, Council on Aging programs will also be canceled. Staff will still be in the building unless a declared emergency is in effect.
- If the Mayor declares a state of emergency, follow instructions from local authorities. The Council on Aging is not an emergency site recognized by BEMA.

If you're unsure whether we are open, please call us at 508-580-7811 before leaving home.





Chess Club: Mondays at 11:00 AM

A weekly gathering of chess lovers of all levels.

Whist: Mondays at 1:00 PM

Join a welcoming group for this classic trick-taking card game.

Hand & Foot: Tuesdays at 12:30 PM

Try this fun, canasta-style card game that's simple to learn and always entertaining.

Cribbage Lessons: *on pause in December*

Mah Jongg Lessons: Wednesday, December 3rd & 10th by appointment only. Call 508-580-7811 to sign up!

Cribbage: Thursdays at 10:00 AM

Enjoy a relaxed morning of cribbage with a friendly group.

Mah Jongg: Fridays at 12:00 PM

Play this timeless tile game with a welcoming group.



Senior Self Defense



Learn simple, effective techniques to help you stay safe and confident in everyday situations. This class is designed specifically for older adults and focuses on awareness, prevention, and basic self-defense skills and is led by a certified instructor, Elijah Swain. No experience necessary!

2 Sessions this Month!

- Wednesday, December 3rd at 12:30 PM
- Wednesday, December 17th at 12:30 PM

Cost: \$5.00 at start of class.

(Your first class is free!)

Call 508-580-7811 to sign up.



A Mah Jongg friendly reminder: If you join us for Mah jongg, please plan to stay for the full session when possible. Leaving mid-way makes it difficult for others to continue playing, as the game requires a set number of players. **Thank you for your understanding!**

Cribbage Lessons Announcement

There will be **no** cribbage lessons this month! We will resume lessons in January



MUSICAL BINGO! Tuesday, December 30th 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.



SUPPORT GROUPS



• Parkinson's Support

Friday, December 19th at 1:00 PM



DISCUSSION GROUPS



Dull Men's Club

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

- Monday, December 8th at 9:30 AM
- Monday, December 22nd at 9:30 AM

Call 508-580-7811 to sign up today!



The BCOA's Women's Circle

Monday, December 29th at 2:15 PM
Call 508-580-7811 to sign up!



OFFICE HOURS



**Office Hours w/
Rep. Michelle Dubois**
Friday, December 26th
at 9:30 AM - 11:30 AM

UKULELE LESSONS

with Cozy Ukes!

Join our 6-week Ukulele Instruction Class! Perfect for beginners or anyone looking to learn in a relaxed, supportive environment with an experienced instructor

Dates: 6-week session, **starting December 8th!**
Dec 8, Dec 15, Dec 22, Dec 29, Jan 5, & Jan 12!

Time: 12:00 PM - 1:00 PM

Cost: \$30 for the entire series, paid in advance at the front desk. Registration is for the full series only; individual classes cannot be purchased separately.

Participants must bring their own ukulele. Ukuleles will not be provided.

Brockton Seniors are given first priority.



Call 508 580 7811 for more information

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FRIENDS OF THE BCOA

THE FRIENDS OF THE BROCKTON COUNCIL ON AGING PRESENTS:

A MURDER MYSTERY

WHO KILLED AL SPUMONI?

\$10

Join the Friends of the BCOA for a **killer** good time!



THURSDAY, JANUARY 22ND AT 1:30 PM

The Friends of the Brockton Council on Aging will be hosting a Murder Mystery Fundraiser filled with twists, clues, and plenty of laughs.

Tickets are \$10 per person, payable at the front desk. When signing up, let us know if you'd like to be a participant in the mystery or sit back as an observer to watch it all unfold!

LIGHT REFRESHMENTS PROVIDED

You can sign up for the Murder Mystery starting 12/1!

FRIENDS OF THE BROCKTON COUNCIL ON AGING



We frequently get asked what the *Friends* are and what their role is at the COA. In short, **The Friends of the Brockton Council on Aging are a 501C3 non-profit organization that is interested in increasing and improving the resources and services of the Brockton Council on Aging.**

Essentially, they raise funds to support the COA.

Some of the upcoming fundraisers they have planned are:

• **Country Store:** Stop by and check out some beautiful handmade items created and donated by our local older adults. The Country Store will be open on the following dates in December:

• **Tuesdays 12:00 PM - 2:00 PM**

• **Fridays 12:00 PM - 2:00 PM**

Outside of these times, please see a member of the Friends Group or a staff member in order to make a purchase.

• **50/50 Drawing:** Tickets will be sold at: **The Holiday Party on December 11th**

• **Senior Dollars:** Senior Dollar tickets are \$10 each. The Friends will draw a name each month for 12 months, starting in January 2026, with a chance to win \$100. Winners are eligible to be drawn again in subsequent months. To purchase a ticket, please see a member of the Friends.

Please consider making a donation every year to the "Friends".

Your support is greatly appreciated.



FRIENDS OF THE BROCKTON COUNCIL ON AGING

10 Father Kenney 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

TUESDAY	THURSDAY
2 Sloppy Joe Tater Tots, Scandinavian Vegetables, Hamburger Roll, Fruit Cocktail;	4 Beef Stroganoff Broccoli, Vienna Roll, Fresh Banana
9 Pasta w/ Meat Sauce Italian Vegetables, Parmesan Cheese, Wheat Bread, Lemon/Blueberry Bites	11 Holiday Party NO COMMUNITY DINING
16 Chicken Marsala Parslied Rotini, Roman Vegetables, Vienna Bread, Clementines	20 December Special Chicken w/Red Pepper Florentine Sauce, Vegetable Blend, Au Gratin Potatoes, Snowflake Roll, & a special dessert from West Acres!
23 Aloha Chicken Pineapple Brown Rice, Asian Vegetables, Superior Roll, Mandarin Oranges	25 Christmas Day NO COMMUNITY DINING
30 Jerk Chicken Corn Muffin, Collard Greens, Red Beans & Ruse, Fried Plantains	

January Special Meal

January Special Community Dining

Thursday, January 29th at 12:00 PM

Lunch:


*Chicken Cordon Bleu,
 Potato w/ Sour Cream
 Country Style Vegetable*

Sign Up By Calling 508-580-7811.
Suggested Donation: \$2.50

• Music by DJ Bill Reddin!

RSVP by:
12/29/2025

Special dessert provided by:



**OCES Monthly Article
 December 2025
 Holiday Stress**

The holidays are here! While this is a time to gather with loved ones, celebrate traditions and reflect on cherished memories, for some it may be bittersweet and a very stressful time of year.

Older adults who are grieving the loss of loved ones or who are separated from family and friends by distance or circumstance, may have a difficult time coping and find the holidays to be extremely challenging.

Below are a few tips for managing the holiday season:

Connect with others. Whether you or someone you know is struggling with feelings of sadness or loneliness, reach out to offer support and companionship. Be sure to check in on older family members, neighbors, or friends who live alone to see how they are coping during the holidays.

Give back. In every community there are local organizations that need volunteers, especially during the holiday season. Consider volunteering at the local Council on Aging (COA), food pantry, animal shelter, or other nonprofit organizations. Helping others can also lift your spirits and bring a greater sense of positivity. Plus, you'll meet new people and feel more connected to your community.

Flip the script and create a new tradition. Even if distance or circumstances keep you apart from family members and friends, try to preserve those bonds. Try starting a new holiday tradition, like celebrating through a phone or video call. This is a great way to stay connected, if your family or friends live in a neighboring state or across the ocean, you could schedule a video call to sing holiday songs, share a meal, or open gifts together.

Stay engaged in your community. Being involved in your community offers opportunities to socialize and provides a genuine sense of belonging. Attend local events such as free community concerts, workshops, or presentations. From your local library to the COA and the YMCA, there are plenty of activities to enjoy, including crafts, games, fitness classes, book clubs, and more.

The holidays can feel overwhelming at times, but having a plan to stay connected and engaged can help you manage stress and maintain balance.

Old Colony Elder Services (OCES) provides guidance and resources to older adults and individuals with disabilities, their family members and caregivers. Visit ocesma.org or call 508-584-1561 to learn more.



DECEMBER BIRTHDAYS



Ingunn Bourne	1 st	Pat Bennard	11 th	Joel Tenenbaum	20 th
Stanley Itzkowitz	1 st	Barbara Brown	11 th	Alfredo Massaroni	22 nd
Diane Massaroni	1 st	Christine Belton	12 th	Steven Foster	22 nd
Virginia Jones	3 rd	Robert Bonnette	12 th	Linda Roberts	23 rd
Robert Perrault	4 th	Connie DeStasio	12 th	Diosdina Ayala	24 th
Irene Saba	4 th	Penny Kazis	12 th	Beverly Sullivan-Conley	25 th
Warren Shepard	4 th	John Simmons	13 th	Sheku Bobor Konteh	25 th
Josephine Abbott	5 th	Betty Amelotte	16 th	Noella Pierre	25 th
Edward Friedman	5 th	Linda Blandin	16 th	Carl Platter	25 th
Stephen O' Brian	5 th	Sue Loughlin	16 th	Nick Camillone	27 th
Leonard Burman	7 th	Charlotte Castillo	17 th	Douglas Perry	28 th
Joe Connolly	7 th	Mary Diliddo	17 th	Denise Graziano	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
		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 BCOA Birthday Book!**



DECEMBER NEW & RENEWALS



Yvonne Belizaire
 Barbara Brooks
 Edwin Choate
 Maureen Choate
 Christine Comee
 Thalia Dennison

Maureen DiMillio
 Priscilla Gomes
 Anthony Gregory
 Barbara Gregory
 Georgia Howland
 Deborah Johnson

George Manoogian
 Elaine Montgomery
 Richard Mullens
 Susan Mullens
 Kathleen Slocum
 John D. Sullivan



DECEMBER MEMORIALS



Kathleen Slocum in memory of Steve Slocum

Memorial Book in the Library



As a reminder, the Brockton Council on Aging has created a memorial book, ***In Loving Memory***, available in our Library. This book is a heartfelt tribute to BCOA members who have passed away, honoring them with care and respect using information received. It serves as a space for quiet reflection and remembrance of those we've lost. To help us keep the book accurate and complete, entries are based on a three-month look-back period from the date of notification. If you have information about someone who should be included, please let a staff member know.

We welcome you to visit the Library and spend a moment with the memories of our cherished community members.

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Experiencing balance, brain, and/or bladder problems?

-  **Balance:** Problems walking, or shuffling feet
-  **Brain:** Trouble with thinking or memory loss
-  **Bladder:** Difficulty with control and urgency

It could be a treatable condition called normal pressure hydrocephalus.


 If you or a loved one experience these symptoms and are 60 years of age or older, **you may be eligible for the STRIDE clinical trial.**




Scan the QR code or visit STRIDEclinicalTrial.com to learn more about STRIDE and see if you prequalify

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Stride
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DIRECTORY

Mission Statement

The Brockton Council on Aging fosters a welcoming and inclusive environment for adults aged 60 and older. We strive to understand and support the unique needs of older adults by providing access to vital resources and opportunities that promote independence and enrich their quality of life.

Senior Circuit Breaker

Senior Circuit Breaker Tax Credit for 2025 Tax Year

MA residents who are 65 or older by Dec. 31 of the 2025 tax year who meet income eligibility guidelines may be able to receive a maximum of \$2,820 through this state-level program. Both homeowners and renters who are MA residents may apply. Eligible applicants whose calculated CB Tax Credit exceeds the total tax payable for the year will receive a refund check.

Income eligibility guidelines for the 2025 tax year:

- \$75,000 for a single individual who is not the head of a household
- \$94,000 for a head of household
- \$112,000 for married couples filing a joint return

The filing deadline is April 15, 2026.



'Tis the Season

Brockton Council On Aging Staff

Janice Fitzgerald.....Director
 Lauren Conrad.....Assistant Director
 Rick Alvarnaz.....Outreach Coordinator
 Cauna Magner.....SHINE/Outreach Worker
 Christina Briggs.....Program & Activities Supervisor
 Macey Eccher.....Activities Assistant
 Augusta Daluz.....Volunteer Coordinator
 Ruthie Graham.....Receptionist/Secretary
 Hugo Amado.....Custodian

Board of Directors

Jeanne Fuller-Jones.....Chair
 David Andrews.....Vice Chair
 Robert Beauchesne.....Secretary
 Henry Soones.....Treasurer

Board Members:
 Harriet Beasley
 Paul Beckner
 Carol Delorey
 Robert Graham
 Mary James
 Gerald Koelsch
 Anne McCormack

Alternates
 Marge Shepard
 2 Vacancies

**The Board of Directors meeting will be on
 Monday, December 1st at 10:00 AM
 at 10 Father Kenney Way, Brockton, MA 02301**

Friends of the Council on Aging Board

Fran Zakszewski.....Chair
 Maxine Young.....Vice Chair
 Lillian Dykes.....Treasurer
 Vickie Green.....Secretary

Friends Board Members:
 Martha Badgio, Gail Burman, Leonard Burman,
 Diane Clinton, Donna Emschweiller, Laura Howard,
 Melinda Howard, 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

Vicki Bassett - Gail Burman - Leonard Burman
 Diane Clinton - Donna Emschweiller - Vickie Green
 Jeanne Fuller-Jones - Laura Howard - Melinda Howard
 Suzanne Larke - Linda Reddin - Bill Reddin
 Henry Soones - Maxine Young - Fran Zakszewski



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800-922-2275

Emergency Hotline
508 941 0292