

# What's News?



# BCOA

Brockton Council On Aging  
At the heart of active living.

FEBRUARY 2026 | MONDAY - FRIDAY 9AM - 4PM

DIRECTOR:

Janice B. Fitzgerald



## NEW! NEW! NEW!



### License & ID Renewal Assistance



#### License & ID Renewal Service at the BCOA

Need to renew your Massachusetts driver's license or ID card? Skip a trip to the RMV and renew with the Brockton Council on Aging. Beginning March 2026, the BCOA will offer a License and ID Renewal Service for your convenience.

#### Who Is Eligible for License & ID Renewal Assistance?

You may be able to renew your driver's license or ID at the BCOA if you meet all of the following requirements:

- You are 74 years of age or younger (*Massachusetts law requires drivers 75 and older to renew their license in person.*)
- Your driver's license is not suspended or revoked
- You have no unpaid tickets, excise tax, or EZ-Pass violations
- You have access to an email account or a mobile phone that can receive text messages
- You can provide proof of U.S. citizenship or lawful presence

#### Renewal Fees

Massachusetts Driver's License: \$50

Massachusetts ID: \$25

Payment must be made with a credit card, debit card, or checking account. Cash and money orders are not accepted. Payment must be made at the time of your appointment to complete your renewal; prepayment or payment at a later date is not accepted.

#### Disabled Parking Placard Services

Individuals may also visit the Brockton Council on Aging to:

- Begin an application for a Massachusetts disabled parking placard (*Please note: the medical portion of the application must be completed and signed by your physician.*)
- Request a replacement disabled parking placard

#### Scheduling an Appointment

Please call **508-580-7811** to schedule an appointment and get a list of required documents. Appointments are required.

### Blood Pressure Cuff Training



#### Preventing and Managing High Blood Pressure (HBP)

The American Heart Association and the Brockton Council on Aging are aligned in our focus on eliminating health disparities and improving cardiovascular health through efforts targeting access to healthy blood pressure resources and high-quality community education.

**Available now**, patrons can use a self-service station in the Health Room to check their blood pressure when the room is not in use.

In addition, on **Thursday, February 12th at 10:00 AM** there will be a brief training and video on how to use the monitor, preventing and managing High Blood Pressure (HBP). Having HBP can hurt your body and being empowered with blood pressure control.

Please take the steps now to keep your blood pressure in check!!

**Call 508-580-7811 to reserve a seat for the training.**

If you are unable to attend this training, there is always someone available to show you how to use the Blood Pressure Cuff.

### Community Wellness Nursing

#### COMING SOON!

#### Community Wellness Nursing

Registered Nurses from Atlantic Hill Nursing and Wellness will be offering **FREE** services in our Health Room

**See page 3 for more information!**

Happy February!  
XOXO



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Scan the QR Code to stay connected with the Brockton Council on Aging.



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Facebook.com/COABrockton



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in part by:

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Aging & Independence



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508-580-7811



# CALENDAR OF EVENTS


2

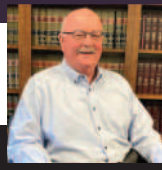
## February 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>9:00 Activities Committee Meeting</b> <b>10:00 Board of Directors Meeting (Friends Meeting following)</b> 10:00 Silver Boot Camp 11:00 Chess Club 1:00 Whist 1:00 Tonin' & Stretchin'	9:15 Line Dancing 12:00 Knitting & Crochet 12:00 Community Dining <i>Jerk Chicken</i> 12:30 Hand & Foot	9:00 Tai Chi 10:00 Cribbage Lessons 11:00 Movin' and Groovin' 12:15 Mindfulness, Relaxation, & Meditation 2:00 Mah Jongg Lessons <i>*by appointment only*</i> 2:00 Zumba Gold	9:00 Art From Heart 10:00 Cribbage 12:00 Community Dining: <i>Egg Salad on Lettuce</i> 12:30 Tutoring with Greg <b>1:30 Steve Thomasy "From Sea to Shining Sea and Beyond"</b> 1:00 Movie: <i>Thelma</i>	9:00 Shoe City Walkers at Westgate Mall 10:00 Posture & Balance 11:00 Eldys' Yoga 12:00 Mah Jongg 12:15 Strong & Stable 1:30 Stress Relief for Parkinson's
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	9:15 Line Dancing 12:00 Knitting & Crochet 12:00 Community Dining <i>Jerk Chicken</i> 12:30 Hand & Foot <b>1:30 Cocoa Beantown: Massachusetts Chocolate History</b>	9:00 Tai Chi 10:00 Cribbage Lessons 11:00 Movin' and Groovin' 12:15 Mindfulness, Relaxation, & Meditation 1:00 Mystery Book Club 2:00 Zumba Gold	9:00 Art From Heart 10:00 Cribbage 12:00 Community Dining: <i>Egg Salad on Lettuce</i> 12:30 Tutoring with Greg 1:00 Movie: <i>Eternity</i> <b>1:30 Valentines Card Making Craft w/ Senior Greeting</b>	9:00 Shoe City Walkers at Westgate Mall 10:00 Posture & Balance 11:00 Eldys' Yoga 12:00 Mah Jongg 12:15 Strong & Stable <b>2:00 Medicare Fraud w/ Senior Medicare Patrol (SMP)</b>
 <b>PRESIDENTS' DAY</b> <b>COA Closed</b>	9:15 Line Dancing 12:00 Knitting & Crochet 12:00 Community Dining <i>Jerk Chicken</i> 12:30 Hand & Foot <b>1:30 The History of Black History Month w/ Willie Wilson Jr.</b>	9:00 Tai Chi 10:00 Cribbage Lessons 11:00 Movin' and Groovin' 12:15 Mindfulness, Relaxation, & Meditation 2:00 Zumba Gold 2:00 Mah Jongg Lessons <i>*by appointment only*</i>	9:00 Art From Heart 10:00 Cribbage 12:00 Community Dining: <i>Beef Stroganoff Casserole</i> 12:30 Tutoring with Greg 2:00 Yoga & Wellness Workshop w/ Judy and Susan	9:00 Shoe City Walkers at Westgate Mall 10:00 Posture & Balance 11:00 Eldys' Yoga 12:00 Mah Jongg 12:15 Strong & Stable 1:00 Parkinson's Support Group <b>2:00 Heart Health Presentation w/ Home Helpers Homecare</b>
9:30 Dull Men's Club 10:00 Silver Boot Camp 10:00 Legal Consultations <b>11:00 Managing Stress w/ Healing Hearts Holistically</b> 11:00 Chess Club 1:00 Tonin' & Stretchin' 1:00 Whist 2:15 Women's Circle	9:15 Line Dancing <b>10:00 Disaster Relief: It's Happened, Now What? w/ BFD</b> 12:00 Knitting & Crochet 12:00 Community Dining <i>Jerk Chicken</i> 12:30 Hand & Foot 1:00 Musical Bingo w/ Brockton VNA	9:00 Tai Chi <b>NO Cribbage Lessons</b> 11:00 Movin' and Groovin' 12:15 Mindfulness, Relaxation, & Meditation 2:00 Zumba Gold	9:00 Art From Heart 10:00 Cribbage 10:00 BP & Glucose w/ Brockton BOH <b>12:00 February Special Community Dining: Baked Ziti &amp; dessert from West Acres!</b> 12:30 Tutoring with Greg 1:00 Movie: <i>Mission Impossible: The Final Reckoning</i>	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 <b>2:00 Dreamcatcher Craft w/ Auggie &amp; Macey</b>

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.




**John E. McCluskey, Esq., P.C.**  
 Elder Law Attorney  
 Estate Planning • Wills • Trusts  
 Asset Protection • Elder Law  
  
**508-583-2221**  
 john@rmlawma.com • www.mccluskeylaw.com




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# St Patrick's Luncheon

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## ST. PATRICK'S LUNCHEON

**Thursday, March 19th**  
**12:00 - 2:00 PM**

**Location: Brockton Council on Aging**  
**10 Father Kenney Way, Brockton, MA**

**Celebrate St. Patrick's Day At The BCOA!**

Join us for a traditional Irish lunch of Beef Barley Soup, Corned Beef, Cabbage, Potatoes, Carrots, and Strawberry Shortcake. Lunch will be served by Hart Brothers Catering.

Sign up at the Front desk. Seating is limited and filled on a first-come basis. Priority is given to Brockton Seniors

**\$15.00 A Ticket**

**MC'd By City Clerk Timothy Cruise!**

(Continued From Cover)

**COMING SOON!**

## COMMUNITY WELLNESS NURSING

**at the BROCKTON COUNCIL ON AGING**

*Registered Nurses from Atlantic Hill Nursing and Wellness will be offering the following **FREE** services in the medical room:*

- VITAL SIGN MONITORING**  
(BLOOD PRESSURE, BLOOD SUGAR, HEART RATE, O<sub>2</sub> SATURATION, BMI)
- HEALTH EDUCATION**
- MEDICATION EDUCATION**
- NURSE ADVOCACY**
- HEALTHCARE SYSTEM NAVIGATION**

**No Payments or Insurance Required**

**Plus additional pop-up health screening**

**Questions?**  
**Contact us!**  
**508-580-7811**

**ATLANTIC HILL**  
NURSING & WELLNESS

**BCOA**  
Brockton Council On Aging  
At the heart of active living.



## Mayor's Message

Hello to my friends at the Brockton Council on Aging,

It is an honor to greet you as the mayor of Brockton! I want to thank you for the vital role you play in the life of our city and I look forward to serving you as your mayor.

Brockton's strength is rooted in the generations who built our neighborhoods, raised families, served our community, and passed down the values that continue to guide us today. You are not only witnesses to Brockton's proud history, you are its very foundation.

As mayor, I want you to know that I work for you. I approach this role not as the "captain of the ship," but as the CEO hired by the people to responsibly manage the business of our city with transparency, integrity, and compassion. That responsibility includes ensuring our vital senior community feels respected, supported, and fully included in city life.

While Brockton faces real challenges, we also have incredible resilience and untapped potential. Together, we can turn challenges into opportunities by investing wisely, improving city services, and making City Hall more accessible and responsive.

Your voices, experience, and wisdom matter. I encourage you to stay engaged, speak up, and continue advising us on how to build a city where residents of every age can thrive.

Thank you for all you have given, and continue to give, to Brockton. This city is your home, always.

**Mayor Moises M. Rodrigues**

## From the Director's Desk

As we welcome the month of February, I hope this message finds you warm and well. Although winter is still with us, this time of year offers many opportunities to connect, stay engaged, and enjoy time together at the Council on Aging.

With Valentine's Day approaching, February is a perfect reminder of the value of friendship, kindness, and caring for one another. Throughout the month, we look forward to sharing special activities and gatherings that bring smiles and brighten these winter days.

Your participation and presence make our center a welcoming place, and we truly appreciate the time you spend with us—whether joining activities, stopping by for a visit, or reaching out for support. Please let us know if you have any suggestions for activities this year. We would love to hear them.

Thank you for being part of the Council on Aging. We look forward to seeing you and sharing a heart-filled February together.

*Janice*

## Welcome to Mayor Moises Rodrigues

Congratulations to Mayor Rodrigues on your election. We extend our best wishes as you begin your term and look forward to working with you on issues affecting our older adults. We are eager to collaborate with you and your team to ensure our community remains inclusive, supportive, and responsive to the needs of residents of all ages.



# 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.**





# SPECIAL EVENTS



5



February is **National Chocolate Lover's Month**. In celebration, we are welcoming Cocoa Beantown for a presentation on:

## Massachusetts Chocolate History Tuesday, February 10th at 1:30 PM

Most Boston visitors and students of American history know the story of the Boston Tea Party. But did you know that when the colonists stopped drinking tea due to taxation they instead turned to drinking chocolate? Infamous American patriot Paul Revere even crafted dedicated drinking chocolate pots that can be seen on view at the Boston Museum of Fine Arts. Boston and the state of Massachusetts have many historical connections to chocolate that continue on from that point in time, including being the home of the very first chocolate factory in North America, the first roadside retail confectionary operation, and the first forays into commercial white chocolate production. We're the birthplace of a number of classic and beloved desserts and treats and the resting place of the famed Fannie Farmer, who lent her amazing recipes developed at the Boston Cooking School to the world through her iconic cookbook and was the inspiration for the nostalgic candy company of the similar name. Learn more about our sweet history with this fascinating program.

**Call 508-580-7811 to sign up!**

**Limited Spots. Priority is given to Brockton Seniors.**



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

## BLACK HISTORY MONTH

The Brockton Council on Aging celebrates Black History Month!

**The History of Black History Month**  
Tuesday, February 17th  
at 1:30 PM



Please join us for a special presentation from local historian and educator, Willie Wilson Jr. for a meaningful Black History Month presentation exploring the rich history, resilience, and contributions of African Americans.

Mr. Wilson will highlight key moments, themes, and figures in Black history, offering insight into the struggles, achievements, and lasting impact of African Americans on our nation's past and present. This engaging presentation is designed for both those familiar with Black history and those looking to deepen their understanding.

Don't miss this opportunity to reflect, learn, and engage in an important conversation during Black History Month.

**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.

Brockton Fire Department Office of Public Education

## It's Happened, Now What?



## DISASTER RELIEF

What to do and how to handle things after...

10:00 AM Tuesday  
February 24, 2026

**Call 508-580-7811  
to sign up!**

### Seminar Topics

- Understanding Recovery
- Staying Safe After Rebuilding
- Medications, Medical
- Emotional Recovery
- Disaster Assistance
- Personal Recovery Plans
- Community Support



## Protect Yourself from MEDICARE FRAUD

A Free Important Informational Presentation

**FRIDAY, FEBRUARY 13th at 2:00 PM**

Presenter: Dennis Hohengasser

Healthcare errors, fraud, and abuse cost you, me, and Medicare billions of dollars annually! Join a representative from the Massachusetts Senior Medicare Patrol (SMP) Program who will provide us with information and tools to become better engaged healthcare consumers. Healthcare errors, fraud, and abuse cost American taxpayers and Medicare billions of dollars, but they can also have devastating health-related outcomes.

**Don't be a victim! You are strongly encouraged to attend this free, interactive presentation.** We each can have a role in protecting ourselves and Medicare.

**Call 508-580-7811 to sign up to attend.**



## Managing Stress Monday, February 23rd at 11:00

Join us for an informative discussion led by Denise L. Jezewski, RN, ACNS of Healing Hearts Holistically.

### Topics will include:

- Common causes of stress
- Practical techniques to reduce stress
- Guided imagery for relaxation

**Call 508-580-7811 to sign up**



## February is American Heart Health Month

American Heart Health Month is a national observance to raise awareness about heart disease, the leading cause of death in the United States.

### Heart Health Presentation

**w/ Lisa Leake from Home Helpers Homecare**  
**Friday, February 20th at 2:00 PM**

This Heart Health presentation will include:

- A PowerPoint presentation (approximately 30-45 minutes), followed by a Q&A session
- Healthy snacks and beverages provided
- A "Food Petting Zoo" available after the presentation, where participants can explore food items and learn how to read nutrition labels
- Take-home materials, including a healthy menu and a food-themed word puzzle

**Call 508-580-7811 to sign up.**



Lisa Leake has an undergraduate degree in Nutrition, Psychology and a Master's Degree in Health Education. She has taught at the K-12 and college level, and presented to professional and community audiences.

## Tired of Healthcare Hassles?



Don't navigate healthcare alone  
Get a trained nurse by your side

A nurse can help you with

- Lingering questions after discharge
- Confirm appointment out of pockets
- Make appointments and arrange transportation
- Care giver support

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Learn More at [AllianceHHS.org/west-acres](http://AllianceHHS.org/west-acres)  
Quality Senior Care on the South Shore!

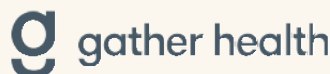


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## Accepting New Patients in Brockton!

We're welcoming new patients on Medicare.

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GATHER HEALTH PATIENTS GET:

- Same and next day appointments
- As much time with your primary care provider as you need
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- Patient rides to and from our office

Contact us to schedule your first visit today!

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## Is It Time For You To Make A Move?



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## Serving All People, All Incomes.

- Provide In-Home Services
- Provide Options Counseling



- Serve Nutritious Meals
- Provide Caregiver Support

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[info@ocesma.org](mailto:info@ocesma.org)

[www.ocesma.org](http://www.ocesma.org)

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## Guidance for Seniors

Harbor of Wisdom



South Shore Senior Connections

Claire & Jim Abate

508-965-4525

[ClaireMatureMoves@gmail.com](mailto:ClaireMatureMoves@gmail.com)



*Large enough to deliver,  
Small enough to Care.*



**Jim & Claire Abate**

Licensed Real Estate Agents

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508-965-4525

[Claire@ClaireAbate.com](mailto:Claire@ClaireAbate.com)

[Jim@theAteam.realestate](mailto:Jim@theAteam.realestate)



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • [www.lpcommunities.com](http://www.lpcommunities.com) Brockton Council on Aging, Brockton, MA 06-5072



## BCOA Exercise Offerings

**Silver Boot Camp w/ Georgi**  
Mondays at 10:00 AM – \$3.00 suggested donation

**Tonin' & Stretchin' w/ Georgi**  
Mondays at 1:00 PM – \$3.00 suggested donation

**Line Dancing w/ Steve**  
Tuesdays at 9:15 AM – \$3.00 suggested donation

**Salsa & Merengue w/ Steve**  
**NO CLASSES IN FEBRUARY - CLASSES RESUME IN MARCH!**

**Tai Chi w/ Elijah**  
Wednesdays at 9:00 AM – \$3.00 suggested donation

**Movin' & Groovin' w/ Georgi**  
Wednesdays at 11:00 AM – \$3.00 suggested donation

**Mindfulness, Relaxation, & Meditation w/ Georgi**  
Wednesdays at 12:15 PM – \$3.00 suggested donation

**Zumba Gold w/ Heather**  
Wednesdays at 2:00 PM – \$3.00 suggested donation

**Yoga & Wellness Workshop w/ Judy & Susan**  
3rd Thursdays at 2:00 PM - \$3.00 Suggested Donation


**Shoe City Walkers**  
Fridays at 9:00 AM at Westgate Mall

**Posture and Balance w/ Susan**  
Fridays at 10:00 AM – \$3.00 suggested donation

**Eldys' Yoga w/ Linda**  
Fridays at 11:00 AM – \$3.00 suggested donation

**Strong and Stable w/ Sandy**  
Fridays at 12:00 PM - FREE  
Open to individuals with Parkinson's and their caregivers

**Stress Relief for Parkinson's w/ Georgi**  
1st Fridays at 1:30 PM - FREE  
Open to individuals with Parkinson's and their caregivers



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



AMERICAN PARKINSON DISEASE ASSOCIATION  
MASSACHUSETTS CHAPTER  
Strength in optimism. Hope in progress.

THE APDA INVITES YOU TO \*\*\*FREE\*\*\* PARKINSON'S GROUP WEEKLY 45-MINUTE TRAINING CLASSES



**STRONG & STABLE**

With Sandra Costello  
\*NASM Certified Personal Trainer

**IMPROVE:**  
\*Strength  
\*Balance  
\*Stability  
\*Gait


Call the BCOA to register!  
(508) 580-7811

Program open to all Parkinson's participants and their care partners.

**EVERY FRIDAY 12:15 - 1:00 PM**  
10 Father Kenney Way  
Brockton, MA

THIS PROGRAM WILL RUN EVERY FRIDAY IN 2026!! JOIN US!!!

**All clinics take place at the COA.**  
**Call 508-580-7811 for more information.**  
**Payment is required to secure your appointment.**  
*Brockton Seniors are given first priority.*




**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.**  
**Upcoming Appointments: February 4th & March 4th**




**Professional Manicures with Joddie**  
*Treat yourself to a relaxing and refreshing 30-minute manicure, right here at the COA*

**Services include:**

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

**Cost is \$18 for service (cash or check).**  
**Upcoming Appointments:**  
February 9th, March 9th

**Walk-in Blood Pressure & Glucose Clinic**  
Thursday, February 26th at 10:00 - 11:00 AM - **Free**  
**By Brockton Board of Health**




**Visiting Dental Hygiene**  
**Services Include:**

- Teeth Cleanings
- Oral Health Education, & Tips For Maintaining a Healthy Smile.

**The cost is \$35 or free with MassHealth.**  
**Upcoming Appointments: April 2nd**

## Dental Clinic Testimonial



**Dental Testimonial From a Patient of the Visiting Dental Hygiene Program**

Carol, one of the hygienists, met a gentleman who shared that it had become increasingly difficult for him to keep up with regular preventative dental appointments. As a result, he had gone without care for longer than he felt comfortable.

When he sat in Carol's chair, he expressed deep relief - not just from receiving treatment, but for knowing someone was looking out for him. He told her that having access to our preventative services, **"meant more than you will ever know."**

For him, it wasn't just about clean teeth. It was about dignity, comfort and the reassurance that he hadn't been forgotten.

**If you are interested in making an appointment please call us at 508-580-7811.**

## LIFELONG LEARNING



**FROM SEA to SHINING SEA  
and BEYOND  
w/ Steve Thomasy  
Thursday, February 5th  
at 1:30 PM**

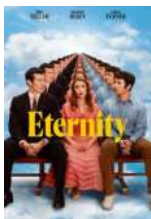
We will examine the expansion of the United States, from its origin as a thin strip of British colonies hugging the Atlantic Ocean, to the shores of the Pacific, a cross-continent process that only took from 1783 to 1850..... Then, the Civil War stimulated a massive surge in the industrialization of the United States. In a search for more markets and natural resources, the US extended its territories across the Pacific Ocean, as far as Alaska and the Philippines. Is there a chance for more, under current leadership?  
Come to explore the rise of the USA as a far-reaching empire.

**Call 508-580-7811 to sign up!**

## MOVIES



**Thelma (2024)**  
**Runtime: 1 hour 38 minutes**  
**Thursday, February 5th at 1:00 PM**  
Thelma isn't your average 93-year-old grandmother - she's tenacious, determined, and on a mission. After getting conned by a scammer, she teams up with a friend and his motorized scooter on a wild adventure to take back what's hers.



**Eternity (2025)**  
**Runtime: 1 hour 54 minutes**  
**Thursday, February 12th at 1:00 PM**  
In an afterlife where souls have one week to decide where to spend eternity, Joan (Elizabeth Olsen) is faced with the impossible choice between the man she spent her life with (Miles Teller) and her first love (Callum Turner), who died young and has waited decades for her to arrive.



**Mission Impossible: Final Reckoning (2025)**  
**Runtime: 2 hour 49 minutes**  
**Thursday, February 26th at 1:00 PM**  
Ethan Hunt and his team race against time to stop a powerful AI from triggering global disaster, facing dangerous enemies, explosive stunts, and high-stakes twists along the way.

**Call 508-580-7811 to sign up!**

## OFFICE HOURS

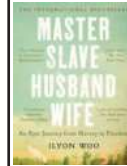


**Office Hours w/  
Rep. Michelle Dubois  
Friday, February 27th  
at 9:30 AM - 11:30 AM**

## BOOK CLUBS

8

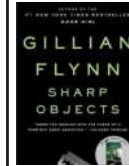
**COA BOOK CLUB  
Monday, February 9th  
At 1:00 PM**



*Master Slave  
Husband Wife*  
by  
Ilyon Woo

**Coming up: 3/9/2026**  
Code Name Helene  
by Ariel Lawhon

**MYSTERY BOOK CLUB  
Wednesday, February 11th  
At 1:00 PM**



*Sharp Objects*  
by  
Gillian Flynn

**Coming up: 3/11/2026**  
*Swans of Fifth Avenue*  
Melanie Benjamin

**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

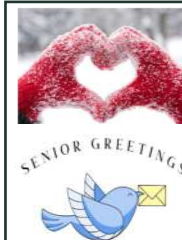


You've probably noticed the beautiful paintings adorning our hallway— did you know many of them were created by members of the BCOA? Now it's your turn to be a part of the art!

**Art From Heart  
Every Thursday at 9:00 AM**

Unleash your creativity with **Art From Heart**, the Brockton Council on Aging's weekly painting group. Whether you're a beginner or an experienced artist, this relaxed and supportive class lets you work on your own painting at your own pace. Receive personalized guidance and tips from our instructor, John Adams, an accomplished and talented artist, while enjoying a friendly, creative environment. Come paint, learn, and connect with fellow artists each week!

**Call 508-580-7811 to sign up!**



**Valentine's Day Card Making Craft  
February 12th at 1:30PM**

Join Lynne from Senior Greetings to create thoughtful, handmade Valentine's Day cards to be delivered to local assisted living communities and make one for yourself! All supplies will be provided, just bring your positivity, creativity, and fun!

**Call 508-580-7811 to sign up.** Limited Spots available. Crafts are limited to one person per household. *Brockton Seniors are given first priority*



**Dreamcatcher Craft  
w/ Auggie & Macey**

**Date: Friday, February 27th  
Time: 2:00 PM - 3:00 PM Cost: \$5.00**

Join Auggie & Macey for another fun and creative craft session! In this hands-on workshop, Auggie & Macey will guide participants step-by-step as we create beautiful dreamcatchers to take home

**Sign up at the front desk.**

**Payment due at time of registration.**

Limited Spots available. Crafts are limited to one person per household. *Brockton Seniors are given first priority*





## FUN & GAMES



### **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:** Wednesday by Appointment.  
Call 508-580-7811 to schedule!

**Mah Jongg Lessons:** Wednesday, February 4th & 18th by appointment only.  
Call 508-580-7811 to schedule!

### **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.



**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!**



### **MUSICAL BINGO!**

**Tuesday, February 24th at 1:00 PM**

**Call 508-580-7811 to sign up!**

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!

*Musical Bingo is brought to you by Brockton VNA Hospice.*



### **Cribbage Lessons Announcement**

Please Note: There will be **NO Cribbage lessons starting February 25th.** Cribbage Lessons are scheduled to resume starting **April 8th.**



## CRIBBAGE TOURNAMENT

### **March Cribbage Tournament**

Join us for a cribbage tournament open to both beginners and experienced players!

**Dates: Friday, March 20th and Friday, March 27th**

Time and additional details to be announced.

*Priority registration will be given to Brockton BCOA regular cribbage players.*

To register, please call **508-580-7811.**  
**Registration deadline: February 28th**



## DISCUSSION GROUPS

9



### **Dull Men's Club**

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

- **Monday, February 9th at 9:30 AM**
- **Monday, February 23rd at 9:30 AM**



**Call 508-580-7811 to sign up today!**



### **The BCOA's Women's Circle**

**Monday, February 23rd at 2:15 PM**

The BCOA Women's Circle is a welcoming space where women come together to connect, share experiences, and support one another through meaningful conversation and community.

**This month:** We will have a special visit from Sergeant Nichole Anderson, of the Brockton Police Community Engagement Unit!

**Call 508-580-7811 to sign up!**



## SUPPORT GROUPS



### **Parkinson's Support Group**

This APDA (American Parkinson Disease Association) support group is facilitated by Carole Maloney, RN, and is open to people with Parkinson's and their care partners.

The Parkinson's Support Group meets every 3rd Friday of the month at 1:00 - 2:00 P M.

This month the meeting will be held on:

**Friday, February 20th at 1:00 PM**

Call 508-580-7811 for more information.

**apda** AMERICAN PARKINSON DISEASE ASSOCIATION  
MASSACHUSETTS CHAPTER  
Strength in optimism. Hope in progress.



## COMMUNITY DINING

10

### February Menu

Meals are served at 12:00 PM. Menus are subject to change. Suggested donation is **\$2.50**.

**Call 508-580-7811 to sign up.**

TUESDAY	THURSDAY
<b>3</b> Chicken Scampi Rotini w/ Parsley Green Beans White Roll Canned Pineapple	<b>5</b> Honey Ginger Chicken Lo Mein Noodles Asian Vegetables Whole Wheat Roll Sugar Free Lemon Cookies
<b>10</b> <b>COLD:</b> Turkey & Swiss Wheat Roll German Potato Salad Garden Salad w/ Ital. Dressing Fresh Orange	<b>19</b> American Chop Suey Jardinière Vegetables Whole Wheat Bread Hot Cinnamon Peaches
<b>17</b> Honey Garlic Chicken Broccoli w/ Red Bell Pepper Lo Mein Noodles Vienna Bread Fresh Orange	<b>12</b> Jerk Chicken Corn Muffin Collard Greens Red Beans & Rice Fried Plantains
<b>24</b> Sloppy Joe Tater Tots Scandinavian Vegetables Hamburger Roll Fruit Cocktail Ketchup	<b>26</b> <b>February Special</b> Baked Ziti, Meatballs w/ Sauce Garlic Roll <b>&amp; a Special Dessert from Alliance Health at West Acres!</b>

### March Special Meal



**March Special**  
**Community Dining**  
Thursday, March 26<sup>th</sup> at 12:00 PM

**Lunch:**  
*Homemade Pot roast w/ Gravy*  
*Mashed Potatoes w/ Gravy*  
*Zucchini & Tomatoes*  
*Whole Wheat Dinner Roll*

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

**• Music by DJ Bill Reddin!**

**Special dessert provided by:** 

**RSVP BY**  
**2/26/2026**



## FRIENDS OF THE BCOA



### 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:

**The 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:

• **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.

If you have not made your annual \$10.00 donation to the Friends of the BCOA, please consider doing so today! Your support allows the BCOA to continue to meet the needs of the community and supports our programs and services as well as the needs of our center. Please consider making a donation every year to the "Friends". Your support is greatly appreciated.

### Senior Dollar Fundraiser

January's \$100.00 Cash Prize Winner is...**Bob Beauchesne!** Congratulations, Bob!



✂

**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*



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## How can we help?

Call 508-580-7811 to make an appointment



### Outreach

Your local Outreach Coordinator is available to guide you to the social services in the community, including housing assistance, home care services, nutrition assistance, and other community resources you may need. Make an appointment for an in-person or over the phone consultation.



### SHINE *Serving the Health Insurance Needs of Everyone*

Speak with a certified, SHINE counselor to understand your Medicare and other health insurance and drug coverage options.



### Legal Consultations

**This month: Monday, February 23rd starting at 10:00 AM**

Once a month an attorney is available to offer a **FREE** 15-minute consultation focused on elder law. The following topics can be discussed:

- 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



### Dial-A-Bat

DIAL-A-BAT serves the elderly and disabled population in Brockton and surrounding towns. Anyone 65 years or older is eligible. Call for help with registration.



### Fuel Assistance

Call to schedule an appointment for assistance completing an application for home heating and energy assistance through the Massachusetts Home Energy Assistance Program (HEAP).



### SNAP

Call to schedule an appointment with a Department of Transitional Assistance (DTA) community liaison for help with Supplemental Nutrition Assistance Program (SNAP) applications.



### Elder Mental Health Outreach Team (EMHOT)

The goal of this program is to improve access to behavioral health services and support for older adults.



### Pet Pantry **NOTICE: NO PET PANTRY THIS MONTH.**

Please note that there will be no Pet Pantry at the Brockton Council on Aging this month. The next Pet Pantry will be on: **Friday, March 27th at 9:30-10:30 AM**. If you need pet food in the meantime, the Brockton APCSM offers a pet pantry on the **second Saturday of each month from 12:00-2:00 PM at 1300 W. Elm St. Ext., Brockton.**



### 1-on-1 iPhone & Computer Tutoring w/ Greg

**Thursdays 12:00-3:00 PM**

Get one-on-one help with your iPhone or computer during a personalized tech support session with Greg.

### OTHER SERVICES

Knox Box  
Project Lifesaver  
Safety Assurance  
File of Life  
Resource Referrals

The Brockton Council on Aging offers many additional support services. Please don't hesitate to call us with questions or for assistance.





Well, the holiday season is once again behind us—so much preparation, and then it is gone in a flash! We suddenly find ourselves in 2026, and many of you may have switched Medicare plans during the recent Open Enrollment Period. Keep an eye out for mail regarding your new plan, and be sure to carefully review any changes that will affect you in 2026. Please send any required responses promptly so you can have peace of mind knowing your benefits will be in place should you need them. If you receive forms or have questions you are unsure how to handle, please reach out to the SHINE counselors here at the Brockton Council on Aging.

If you are approaching age 65, please begin the process of applying for Medicare up to three months prior to your 65th birthday. You must apply no later than three months after turning 65 to avoid penalties or higher costs. You may seek assistance from me or a SHINE counselor at the Brockton Council on Aging but please be sure to make an appointment well in advance of the deadline.

As we move into the “dead of winter,” we face the coldest months of the year, which can sometimes lead to people staying home and becoming isolated during periods of inclement weather. I encourage you to consult the Brockton Council on Aging’s Activity Calendar in this newsletter for events you may enjoy attending. Staying connected with friends and the community throughout the year is important.

Please take regular inventory of your household supplies, including food, water, medications, and other essential items. Plan ahead to either do your own shopping or ask a friend or neighbor for assistance. Do not wait until you are out of necessities before asking for help. Whenever possible, try to request assistance earlier in the workweek rather than on a Friday, as staffing is often more limited approaching weekends and holidays.

Additionally, be sure to monitor the weather forecast so you know what to expect when heading outside and how to dress appropriately. Use extra caution when walking outdoors during winter months, and be mindful of icy sidewalks and stairways. Always wear proper footwear with good tread and ankle support, along with a hat, gloves, and warm, layered clothing.

Please feel free to reach out to me if you have questions about any of the above or if you are in need of community services. You can call our main number at **508-580-7811** and ask for **Rick**.

***Rick Alvarnaz***

## Random Acts of Kindness

February is a month that celebrates care and compassion, highlighted by Valentine’s Day on February 14 and National Random Acts of Kindness Day on February 17.

While Valentine’s Day celebrates both romantic and platonic love, National Random Acts of Kindness Day celebrates kind actions for others without the expectation of anything in return.

Random Acts of Kindness Day is a time to spread kindness and positivity to others and your community. Here are a few ways you can do so:

- Before going to the grocery store, consider checking in with a neighbor and offering to pick up any items they may need...
- Send a "Thinking of You" card or text to someone you haven’t seen in a while.
- Offer a small gift to someone as a thoughtful, “just because” gesture.
- Pay the toll booth for the next car in line.
- Shovel a neighbor’s snowy walkway.
- Compliment a co-worker for their teamwork.
- Consider planting a tree to make a positive impact on the community.
- Allow a shopper with only a few items to checkout before you.
- Donate supplies or food to an animal shelter.
- Hold a door open for someone.
- In traffic, allow another driver to merge ahead of you.
- Run an errand for someone.
- At the coffee shop, pay for the order of the person behind you in line.
- Post an inspirational quote or words of encouragement on the refrigerator for family members to find.

Research has shown that helping others not only makes a positive impact in their lives and the community, but it also contributes to your own well-being.

National Random Acts of Kindness Day encourages acts of kindness on February 17 and serves as powerful inspiration to perform random acts of kindness any day of the year!

When was the last time you were pleasantly surprised by another’s kindness? In recognition of Random Acts of Kindness Day, take a moment this month to perform a random act of kindness. Random acts of kindness are good for the recipient as well as the giver!

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



## FEBRUARY BIRTHDAYS

14

Ralph Cafarelle	1 <sup>st</sup>	Carolyn Czarniak	10 <sup>th</sup>	Emily Elmore	20 <sup>th</sup>
Hope Connor	1 <sup>st</sup>	Priscilla Furtick-Walker	10 <sup>th</sup>	Guerino W. Marinilli	21 <sup>st</sup>
Mary Gramazio	1 <sup>st</sup>	Mary Jane Castiglia	11 <sup>th</sup>	Jocelyn Berthil	21 <sup>st</sup>
Gerry Howard	1 <sup>st</sup>	Miriam Cruz	12 <sup>th</sup>	Lisa Cerulo	22 <sup>nd</sup>
Dave White	2 <sup>nd</sup>	Donna Mahoney	12 <sup>th</sup>	Miles A. Jackson	22 <sup>nd</sup>
Louis DeGrace	3 <sup>rd</sup>	Connie Ebien-Pesa	13 <sup>th</sup>	James Keelan	22 <sup>nd</sup>
Edward Landolfi	4 <sup>th</sup>	Sandra Van	13 <sup>th</sup>	Bernice Holland	24 <sup>th</sup>
Henry R. Smith	5 <sup>th</sup>	Willie Wilson Jr.	13 <sup>th</sup>	Kathleen Lunn	24 <sup>th</sup>
Roberta Vernaglia	5 <sup>th</sup>	Janet Delgado	14 <sup>th</sup>	Rev. James Gibney	24 <sup>th</sup>
Edith Webb	5 <sup>th</sup>	Donna Smith	15 <sup>th</sup>	Diane Slayton	25 <sup>th</sup>
Roger Doucette	6 <sup>th</sup>	Annette Cohen	16 <sup>th</sup>	Elliott Johnson	27 <sup>th</sup>
Josephine Jackson	6 <sup>th</sup>	Carol McLaughlin	16 <sup>th</sup>	Marsha Jackson	26 <sup>th</sup>
John Hill	7 <sup>th</sup>	Richard Pierce	16 <sup>th</sup>	John Sylvester	26 <sup>th</sup>
Elizabeth Durkee	8 <sup>th</sup>	Rosa Lotson	17 <sup>th</sup>	Lois Janes	27 <sup>th</sup>
Joanne Feeney	8 <sup>th</sup>	Kathy Slocum	18 <sup>th</sup>	Joseph L. Johnson	27 <sup>th</sup>
Arlene Whittaker	8 <sup>th</sup>	Joe DiMaddalena	19 <sup>th</sup>	Albert Butler	28 <sup>th</sup>
Stephen Donahue	9 <sup>th</sup>	Morton Feinberg	19 <sup>th</sup>	Pauline Silva	28 <sup>th</sup>
Charlene Fitzgerald	9 <sup>th</sup>	Frances Gibbs	19 <sup>th</sup>	Dennis Gorin	29 <sup>th</sup>
		Florraine Johnson	19 <sup>th</sup>		



**Reminder: If you wish to have your name published in our newsletter, please write your name in the BCOA Birthday Book!**



## FEBRUARY NEW & RENEWALS



Martha Badgio	Hazel Hernandez	Margaret Ragland
Marie Baker	Peg Kearney	Nancy Richard
Christine Bassett	Ida Kurinskas	Steve Richard
Yvonne Belizaire	Barbara Maki	Robert Sedani
Reverend James Gibney	Barbara Navin	Rita Spiegelman
Ruthie Graham	William Navin	Stanley Spiegelman
Vickie Green	Carole Phillips	Anita Stadig
Deb Hance	Thomas M. Pileski	Cassandra Williams
John Hance	Suzanne Galante Price	Marilyn Williams



## FEBRUARY MEMORIALS



**Reverend Jim Gibney in memory of Ruth Gibney and Maureen Gibney-Crouse**

**Ida Kurinskas in memory of Dennis A. Kurinskas**

**Steven Pelaggi in memory of Marie Pelaggi**

**Robert Sedani in memory of John M. Torchio**

**Anita L. Stadig in memory of my daughter Linda Matta and my son Kevin Hodges**



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## 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.

## UPCOMING

### BCOA TALENT SHOW

STEP INTO THE SPOTLIGHT AT OUR UPCOMING TALENT SHOW!

**Have a hidden talent you've always wanted to share? Here's your chance!**

The Brockton Council on Aging is thrilled to host a Talent Show and we're inviting seniors of all abilities to sign up and take the stage. Whether you sing, dance, play an instrument, tell jokes, recite poetry, or want to showcase a unique skill, we want to see it!

Sign up now! Solos, duets, or small group performances are all encouraged. Whether it's your first time on stage or you're a seasoned performer, the spotlight is waiting for you! We hope to perform on Thursday, April 30th at 2:00 PM, and practice sessions will be scheduled once we know who signs up. Don't miss this chance to make our Talent Show an unforgettable celebration of talent, fun, and community!

**Call 508-580-7811 to sign up today!**

## DIRECTORY

### Brockton Council On Aging Staff

Janice Fitzgerald.....Director  
Lauren Conrad.....Assistant Director  
Rick Alvarnaz.....Outreach Coordinator  
Cauna Magner.....SHINE/Outreach Coordinator  
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  
Faye Slayton  
1 Vacancy

The Board of Directors meeting will be on  
**Monday, February 2nd 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:

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

**988**

SUICIDE  
& CRISIS  
LIFELINE

**Elder Abuse Hotline**

**800-922-2275**

*Please use this number any time day or  
night to report suspected elder abuse.*

**Emergency Hotline**

**508-941-0292**

**10 FATHER KENNEY WAY, BROCKTON, MA 02301**

**508-580-7811**