

What's News?



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

JUNE 2026 | MONDAY - FRIDAY 9AM - 4PM

DIRECTOR:
Janice B. Fitzgerald

25th Anniversary



ANNIVERSARY

Celebrating 25 Years of Community

This month we are proud to celebrate the 25th Anniversary of The Brockton Council on Aging!

For a quarter of a century, we have been honored to serve our community, creating meaningful programs, lasting connections, and a welcoming place for all.

Over the years, we have grown into a vibrant and active community, thanks to the support of our members, volunteers, staff, and partners. Together, we've shared countless memories and milestones that have shaped who we are today.

As we reflect on the past 25 years, we look ahead with excitement and gratitude. Thank you for being part of our journey—we wouldn't be here without you!

WEAAD March



WORLD ELDER ABUSE AWARENESS DAY

Building Strong Support for Elders

See Page 3 for Registration Details!

Bone Density Testing

Sign Up Today!

FREE BONE DENSITY SCREENING

at the **BROCKTON COUNCIL ON AGING**

- Screening takes under 15 minutes
- A non invasive ultrasound of the heel
- Helps detect decreased bone mass
- Review results with a registered nurse
- No payment or insurance required



TUESDAY, JUNE 9TH

APPOINTMENTS AVAILABLE 9AM- 3PM

Call to Schedule Your Appointment
(508) 580-7811



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

SCAM ALERT !!!

SCAM ALERT

Genetic Testing Scam

Medicare beneficiaries are being targeted through phone calls and at senior centers, housing complexes, and other community locations by companies claiming Medicare fully covers a cheek swab that tests for any or all cancers, how your body processes prescriptions, cardiac disease, and/or a variety of other genetic or heredity diseases.

DON'T FALL FOR IT! IT'S A SCAM!

Report it! If you are contacted by anyone who offers you any of these tests, you should be suspicious. Email ReportAScam@MASMP.org or call the Senior Medicare Patrol (SMP) Scam Line at 978-946-1243.



SCAN WITH CAMERA PHONE

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



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508-580-7811



JUNE 2026 CALENDAR OF EVENTS



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Activities Committee Meeting 10:00 BOD Meeting (Friends Meeting following) 10:00 Silver Boot Camp 10:00 Grief Support 11:00 Chess Club 12:00 Cozy Ukes 1:00 Whist 1:00 Tonin' & Stretchin'	9:00 Wellness Nursing 9:15 Line Dancing 12:00 Knitting & Crochet 12:00 Community Dining <i>Lemon Baked Chicken</i> 12:30 Hand & Foot	10:00 Cribbage Lessons 11:00 Movin' and Groovin' 12:15 Mindfulness, Relaxation, & Meditation 1:00 Gut Health Bingo w/ OCES 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>Chicken Salad</i> 12:30 Tutoring with Greg 1:00 Movie: <i>EPiC: Elvis Presley in Concert</i>	9:00 Wellness Nursing 9:00 Shoe City Walkers 10:00 Posture & Balance 11:00 Eldys' Yoga 12:00 Mah Jongg 12:15 Strong & Stable
9:30 Dull Men's Club 10:00 Silver Boot Camp 10:00 Grief Support 11:00 Chess Club 12:00 Cozy Ukes 1:00 Whist 1:00 Tonin' & Stretchin' 1:00 COA Book Club	9:00 Wellness Nursing 9:15 Line Dancing 11:00 MassHealth *by appointment only* 12:00 Knitting & Crochet 12:00 Community Dining <i>Swiss & Roast Beef Sandwich</i> 12:30 Hand & Foot	10:00 Cribbage Lessons 11:00 Movin' and Groovin' 12:00 4th of July Cardmaking w/ Senior Greetings 12:15 Mindfulness, Relaxation, & Meditation 1:00 Mystery Book Club 2:00 Zumba Gold	9:00 Art From Heart 10:00 Cribbage 10:00 Juneteenth Presentation w/ Willie Wilson Jr. 12:00 Community Dining: <i>American Chop Suey</i> 12:30 Tutoring with Greg 1:00 Movie: <i>Sarah's Oil</i> 2:00 Yoga & Wellness Workshop	9:00 Wellness Nursing 9:00 Shoe City Walkers 10:00 Posture & Balance 11:00 Eldys' Yoga 12:00 Mah Jongg 12:15 Strong & Stable 2:00 Lyn Dillies: "An Exciting Afternoon of Magic"
10:00 Silver Boot Camp 10:00 Grief Support 11:00 Chess Club 12:00 Cozy Ukes 1:00 Tonin' & Stretchin' No Whist	 WEAAD March <i>COA Closed for all other activities</i>	9:30 Fairy Garden Craft w/ Macey & Augusta 10:00 Cribbage Lessons 11:00 Movin' and Groovin' NO Mindfulness, Relaxation, & Meditation NO Zumba Gold 2:00 Mah Jongg Lessons <i>*by appointment only*</i>	 25th Anniversary <i>COA Closed for all other activities</i>	 Juneteenth <i>COA Closed</i>
9:30 Dull Men's Club at IHOP 10:00 Silver Boot Camp 10:00 Grief Support 11:00 Chess Club 12:00 Cozy Ukes 2:15 Women's Circle 1:00 Whist 1:00 Tonin' & Stretchin' 2:00 The 10 Warning Signs of Alzheimer's	9:00 Wellness Nursing 9:15 Line Dancing 10:00 Find Mass Money - Unclaimed Property Division 12:00 Knitting & Crochet 12:00 Community Dining <i>Jerk Chicken</i> 12:30 Hand & Foot	9:00 Brockton Fire: Summer Safety for Seniors 10:00 Cribbage Lessons NO Movin' and Groovin' NO Mindfulness, Relaxation, & Meditation 1:30 Keyboard Performance with Schneider Colin 2:00 Zumba Gold	9:00 Art From Heart 10:00 Cribbage 12:00 Special Community Dining: <i>BBQ Boneless Chicken & Special Dessert from West Acres!</i> 12:30 Tutoring with Greg 1:00 Celebrate Pride Month Movie: Gen Silent 1:30 Savings & Sustenance w/Tara	9:00 Wellness Nursing 9:00 Shoe City Walkers 9:30 Pet Pantry 9:30 Office Hours Rep. Michelle Dubois 10:00 Posture & Balance 11:00 Eldys' Yoga 12:00 Mah Jongg 12:15 Strong & Stable 1:00 Music Appreciation 2:00 The Write Stuff: BCOA Author Series w/ William Goyette
10:00 COA Van Trip to Brockton Historical Society 10:00 Silver Boot Camp 10:00 Legal Consults 11:00 Chess Club 12:00 Cozy Ukes 2:15 Women's Circle 1:00 Whist	9:00 Wellness Nursing 9:15 Line Dancing 12:00 Knitting & Crochet 12:00 Community Dining <i>Sloppy Joe</i> 12:30 Hand & Foot 1:00 Musical Bingo w/ Brockton VNA	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 <u>1st</u> of the month, unless otherwise promoted. <u>Please note: All payments are cash, check, or money order only.</u> <u>If paying cash, please bring EXACT CHANGE.</u>		

 **John E. McCluskey, Esq., P.C.**
Elder Law Attorney
 Estate Planning • Wills • Trusts
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March Against Elder Abuse

You Can Make A Difference!
REPORT ELDER ABUSE!
 1-800-922-2275

Brockton, Tuesday, June 16th

When:
 Tuesday, June 16, 2026
 11:00 AM - 2:00 PM
Registration 10:30 AM

Partners:
 Brockton Council on Aging,
 Plymouth Center for Active Living,
 Plymouth County Sheriff's Office and
 Plymouth County District Attorney's Office

Where:
 Brockton COA
 10 Father Kenney Way
 Brockton, MA 02301

Contact:
 Development@ocesma.org

Thank you to our Platinum Sponsor:



Thank you to our Bronze Sponsor:



To register call 508-580-7811



UPCOMING CLASS

NEW!!!

DIGITAL SLR PHOTOGRAPHY CLASS

— with Rick Alvarnaz —

Ready to take your photography to the next level?

Learn how to get the most out of your **Digital SLR camera** and start capturing sharper, more dynamic photos today.

Call 508-580-7811 to reserve your spot.
Brockton Seniors only.

WHEN: JULY
 (DATE & TIME TBD)

Stay Tuned! More info to follow in July's newsletter.



Mayor's Message

To My Friends at the Brockton Council on Aging:

Summer is right around the corner, and there's so much to look forward to in Brockton, especially now that winter storms are finally behind us. Along with the wonderful programs offered by the Brockton Council on Aging, there are plenty of opportunities to get out, stay active, and enjoy everything the season has to offer right here in our community.

Music! The Mayor's Summer Concert Series is kicking off on Wednesday, July 8, 2026, from 6:00 to 8:00 p.m. I have brought the concerts back downtown right outside our beautiful City Hall. You will be receiving more information very shortly.

Golf! D.W. Field Golf Course is the most beautiful public golf course in the country. Tee times can be reserved online at dwfieldgolfcourse.com or by calling (508) 580-7855.

Baseball! The Brockton Rox are back in action at Campanelli Stadium. Now in their 24th year, the team continues to compete in the MLB-partnered Frontier League, bringing high-quality, professional baseball to the city. It is very important to support our hometown team and you will have an excellent time while doing it. Buy tickets at brocktonrox.com.

Swim! Please don't forget about our beautiful public pools, the Manning at Brockton High School, and the Cosgrove at 250 Crescent Street. The Cosgrove is always free of charge and the Manning is \$1.00 for senior citizens.

City Hall, the War Memorial Building, the Mary Cruise Kennedy Senior Center, the Board of Health, and the Recycle Depot will be closed on Friday, June 19, in observance of Juneteenth. Regular hours will resume on Monday, June 22. Trash, recycling, and yard waste collection scheduled for Friday will instead take place on Saturday, June 20.

Thank you for your continued support. If you need assistance, please feel free to contact the Mayor's Office at (508) 580-7123.

Wishing all fathers a happy Father's Day!

Sincerely,
Moises M. Rodrigues
Mayor
City of Brockton

From the Director's Desk

June has arrived, bringing with it the warmth, beauty, and energy of the summer season. With longer days and brighter skies, it's a perfect time to get outside, enjoy nature, and spend time in your garden, with friends, family, and neighbors.

This month, we also take time to celebrate Father's Day and recognize the fathers and father figures who have offered guidance, support, and care throughout our lives. I extend my sincere appreciation and warm wishes to all who are celebrating.

At the Council on Aging, June is filled with opportunities to stay active, engaged, and connected. From wellness programs to social gatherings, I invite you to join us!

As the temperatures rise, please remember to stay hydrated, wear sunblock and hats when outdoors, take breaks from the heat, and check in on one another. A strong community is built on care and connection.

Wishing you a joyful June and a wonderful start to summer.

Janice





Call 508-580-7811 to sign up



Gut Health Bingo

WEDNESDAY, JUNE 3RD | 1:00 PM

Get ready to shout "BINGO!" and learn about gut health at this fun-filled event. Our local OCES Dietician will guide you through rounds of the classic game, while incorporating information on how to keep your gut healthy.



4th of July Card Making w/ Senior Greetings

WEDNESDAY, JUNE 10TH | 12:00 PM

Join us in making cards for local senior communities



Juneteenth w/ Willie Wilson Jr.

THURSDAY, JUNE 11TH | 10:00 AM

Join local historian Willie Wilson Jr. for an engaging presentation on the history and significance of Juneteenth (Freedom Day). Learn how this 1865 milestone became a lasting symbol of resilience, freedom, and African American heritage. A meaningful opportunity to reflect, learn, and connect.



FUNDED, IN PART, BY A GRANT FROM THE BROCKTON CULTURAL COUNCIL, A LOCAL AGENCY SUPPORTED BY THE MASSACHUSETTS CULTURAL COUNCIL.



An Exciting Afternoon of Magic w/ Lyn Dillies

FRIDAY, JUNE 12TH | 2:00 PM

From Lincoln Center to Hollywood's Magic Castle, award-winning illusionist Lyn Dillies dazzles with mind-bending illusions, audience participation, and unforgettable charm. Don't miss this magical, high-energy performance!

We hope to see you there!



FUNDED, IN PART, BY A GRANT FROM THE BROCKTON CULTURAL COUNCIL, A LOCAL AGENCY SUPPORTED BY THE MASSACHUSETTS CULTURAL COUNCIL.



ALZHEIMER'S ASSOCIATION

The 10 Warning Signs of Alzheimer's

MONDAY, JUNE 22ND | 2:00 PM

In recognition of Alzheimer's & Brain Awareness Month

Learn how to recognize common signs of the disease in yourself and others and what next steps to take.



Find Mass Money - Unclaimed Property Division

TUESDAY, JUNE 23RD | 10:00 AM

The Massachusetts Unclaimed Property Division is coming to you! Did you know that 1 in 10 Massachusetts residents has unclaimed property waiting for them? It could be an old bank account, a forgotten insurance policy, uncashed checks, a safe deposit box you didn't know existed...ect! We'll be offering free, on-the-spot searches and we'll help guide you through the claim process! It's quick, easy, and best of all, there's no cost to check.

What to bring: *Simply Bring your Photo ID & you will need to know your Social Security #*



Brockton Fire: Summer Safety For Seniors

WEDNESDAY, JUNE 24TH | 9:00 AM

Join us for a seminar on summer safe planning for Seniors who enjoy independent living.

Please note new start time!



Keyboard Performance with Schneider Colin

WEDNESDAY, JUNE 24TH | 1:30 PM

Enjoy a live musical performance by Schneider Colin as he showcases his keyboard talents. Join us for an afternoon filled with melody and harmony, from classical music to swing jazz - you don't want to miss it! A familiar face to many, Schneider previously volunteered as the accompanist for the Brockton COA's Swinging Singers.



Savings & Sustenance

THURSDAY, JUNE 25TH | 1:30 PM

Join us for a monthly Nutrition Presentation with Tara Hammes, RD and Healthy Aging Manager for the Massachusetts Councils on Aging. This month, we will learn (and share) tips on how to shop and eat well on a budget



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Brockton Council on Aging, Brockton, MA

06-5072



EXERCISE



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

Tai Chi w/ Elijah

Classes are currently on hold until further notice

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

June 11th 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

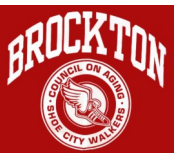
Strong and Stable w/ Sandy

Fridays at 12:00 PM - FREE

Open to individuals with Parkinson's and their caregivers



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



Shoe City Walkers at Westgate Mall

The Brockton COA's walking group meets every Friday morning at 9:00 AM inside the Westgate Mall.

This indoor walking group is a great way to stay active and enjoy a nice walk in a comfortable and friendly environment.

To join us, enter through the mall entrance by Popeyes. You'll find the group gathered at a nearby table. Wear comfortable walking shoes and bring water if needed.

We look forward to seeing you there!



HEALTH CLINICS



Community Wellness Nursing at the Brockton Council on Aging w/ Atlantic Hill Nursing & Wellness

TUESDAYS & FRIDAYS 9:00 AM - 3:00 PM

Available Services Include:

- Vital Sign Screening (heart rate, blood pressure, blood sugar, BMI, oxygen saturation, and more)
- Medication Education
- Health & Wellness Education
- Help navigating the Healthcare system
- Advocacy Support from a Registered Nurse

No payment or insurance required!

Call 508-580-7811 to make an appointment.



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: June 3rd & August 5th

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 and Shaping
- Cuticle Care
- Soothing Hand Massage
- Fresh Polish

Reminder: Regular Polish Only - No Gel and No Dip

Cost is \$18 for service (cash or check).

Upcoming Appointments: June 8th & July 13th



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:

June 4th & August 6th



MOVIES



BCOA Movie Schedule



EPIC: Elvis Presley in Concert (2025)
Runtime: 1 hour 36 minutes
Thursday, June 4th at 1:00 PM

For the first time ever, Elvis Presley, the King of Rock and Roll, tells his own story through candid conversations and dazzling performance footage from the early days of his Vegas residency. Witness never-before-seen archival footage unearthed for the first time. Visionary filmmaker Baz Luhrmann delivers an intimate and riveting cinematic portrait of the greatest performer of all time, following his acclaimed 2022 biopic *Elvis*.



Sarah's Oil (2025)
Runtime: 1 hour 44 minutes
Thursday, June 11th at 1:00 PM

Sarah's Oil is inspired by the remarkable true story of Sarah Rector, an African American girl born in Oklahoma Indian Territory in the early 1900s, who believes there is oil beneath the barren land she's allotted and whose faith is proven right. As greedy oil sharks close in, Sarah turns to her family, friends, and some Texas wildcatters to maintain control of her oil-rich land, eventually becoming among the nation's first female African American millionaires--at eleven years old.



A SPECIAL SHOWING FOR PRIDE MONTH!



Gen Silent (2011)
Runtime: 1 hour 10 minutes
Thursday, June 25th at 1:00 PM

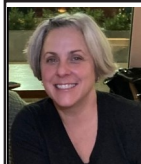
Gen Silent is a powerful documentary directed by Stu Maddux that explores the struggles of LGBTQ+ seniors in the Boston area who, fearing discrimination, neglect, or abuse in healthcare and care facilities, often return to the closet to survive. The film highlights stories of LGBTQ+ elderly facing isolation and navigating care with often untrained staff, highlighting a critical need for inclusive senior care.



Call 508-580-7811 to sign up!



OFFICE HOURS



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



BOOK CLUBS

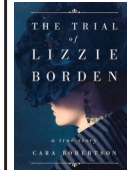
COA BOOK CLUB
Monday, June 8th
At 1:00 PM



The Dain Curse
by
Dashiell Hammett

Coming up: 7/13/2026
The Red Tent
By Anita Diamant

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



The Trial of Lizzie Borden
by
Cara Robertson

Coming up: 7/8/2026
Shallow Graves: The Hunt for the New Bedford Serial Killer
By Maureen Boyle

Call 508-580-7811 to sign up!

The Write Stuff: A Monthly BCOA Author Series

Friday, June 26th at 2:00PM
Featured Author:



William Goyette

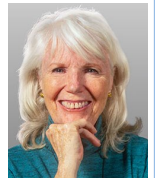
Our featured author this month is William J. Goyette, a Massachusetts native and accomplished copywriter who has spent more than twenty years crafting words to inspire, influence, and entertain. Drawing on his passion for storytelling, Goyette has successfully transitioned into fiction, where he brings gripping characters and suspenseful plots to life.

He is the author of the Jake Hawksworth thriller series, including *In Our Blood* and its follow-up, *Phobia*, both of which showcase his talent for fast-paced, twist-filled mysteries. He has also written the standalone crime thriller *This Guy Walks Into a Bar*, a compelling story about an ordinary man drawn into an extraordinary and dangerous world.

Goyette's work is known for its psychological depth, intriguing premises, and edge-of-your-seat suspense. He lives in Massachusetts with his wife and two daughters.

Call 508-580-7811 to sign up!

Coming up: Next month on Friday, July 31st at 2:00 PM we will be highlighting:
Lesley Bannatyne



Lesley Bannatyne is the 2024 recipient of the Grace Paley Award for short fiction for *Lake Song* (Mad Creek Books, 2025). Her debut collection, *Unaccustomed to Grace*, was published by Kallisto Gaia Press in 2022. Her work has appeared in the *Boston Globe*, *Smithsonian*, *Christian Science Monitor*, and numerous literary journals. She won the 2018 Bosque Fiction Prize and the 2019 Tucson Festival of Books Literary Award, and her work has been nominated for the Story Prize, Pushcart Prize, and Best of the Net.



FUN & GAMES



Chess Club: Mondays at 11:00 AM

A weekly gathering of chess lovers of all levels.

Whist: Mondays at 1:00 PM

Have fun playing this classic trick-taking card game.

Hand & Foot: Tuesdays at 12:30 PM

Try this canasta-style card game always entertaining.

Cribbage Lessons: Wednesdays by appointment.

Call 508-580-7811 to schedule!

Mah Jongg Lessons: June 3rd & June 17th

By Appointment only. Call 508-580-7811 to be added to a wait list.

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.

Musical Bingo!: June 30th at 1:00 PM

Call 508-580-7811 to sign up!

Brought to you by Brockton VNA Hospice



Ukulele Lessons with Cozy Ukes

Join a 6-week Ukulele Instruction Class with an experienced instructor!

Dates: 6-week session, **starting June 8th!**

6/8, 6/15, 6/22, 6/29, 7/6, & 7/13

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.



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. **Thanks for understanding!**



ARTS & CRAFTS



Knitting & Crochet: every Tuesday at 12:00 PM

Art From Heart: every Thursday at 9:00 AM

Fairy Garden Craft with Auggie & Macey



Wednesday, June 17th at 9:30 AM
Cost: \$5.00

Join Auggie and Macey for a Fairy Garden craft session! Participants will create their own tiny enchanted worlds using whimsical decorations to design a one-of-a-kind fairy garden.

Call 508-580-7811 to sign up.

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



DISCUSSION GROUPS



Dull Men's Club

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

• **Monday, June 8th at 9:30 AM**

• **Monday, June 22nd at 9:30 AM @ IHOP**

Cost: \$5.00

The Dull Men's Club will be meeting at IHOP in Brockton for breakfast! You can choose any meal from the **IHOP 55+ Menu!**

Please register and pay at the front desk.

Limited Seats Available.

Address: 540 Westgate Drive, Brockton, MA 02301

SUPPORT LOCAL VETERANS

The BCOA **Dull Men's Club** is collecting items to support our local veterans at the Brockton VA Medical Center. Items can be dropped off at the BCOA. A collection bin will be available in the hallway, and donations will be accepted until July.

Most Needed Items:

- Toothbrushes
- Alcohol Free Mouthwash
- Denture Cleaner, Tablets, Adhesive
- Alcohol Free Deodorant
- Nail Clippers (Small & Large)
- Reader Glasses (1.50 to 4.0 magnification)
- Shampoo, Conditioner, Body Wash
- Paperback Puzzle Books (Sudoku, Crosswords, Activity Books)



ALL ITEMS DONATED MUST BE NEW AND UNUSED.



Music Appreciation Club

Friday, June 26th at 1:00 PM

Discover new favorites, revisit old classics, and share your thoughts in a fun, friendly atmosphere!

Call 508-580-7811 to sign up!



The BCOA's Women's Circle

Monday, June 29th at 2:15 PM

Come join a welcoming space where women come together to connect & share experiences

Call 508-580-7811 to sign up today!



SUPPORT GROUPS



NEW: Grief Support Group

This group offers a supportive and compassionate space for individuals ages 60 and older to share experiences, receive encouragement, and explore the journey of grief together.

When: Mondays, 10:00–11:30 AM

Dates: June 1, June 8, June 15, & June 22

Where: Brockton Council on Aging

Who: Facilitator: Kevin Mossman, MA

Old Colony Hospice-Spiritual Care Provider

Registration Required:

Please RSVP by calling 508-580-7811. Brockton Seniors only.





COMMUNITY DINING



June 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
2 Lemon Baked Chicken, Pullman Bread, Macaroni Salad, 3-Bean Salad, Fresh Orange	4 Chicken Salad, Italian Pasta Salad, Tossed Garden Salad, Fruit Cocktail, Pullman Bread
9 Swiss & Roast Beef Sandwich, Greek Orzo Salad, Carrots, Fresh Apple	11 American Chop Suey, Jardinière Vegetables, Whole Wheat Bread, Hot Cinnamon Peaches
16 No Community Dining	18 No Community Dining
23 Jerk Chicken, Corn Muffin, Collard Greens, Red Beans & Rice, Fried Plantains	25 June Special Meal: BBQ Boneless Chicken, Cole Slaw, Potato Salad & <i>Special Dessert from West Acres</i>
30 Sloppy Joe, Tater Tots, Scandinavian Vegetable, Hamburger Roll, Fruit Cocktail	

Special Meal

July Special Community Dining

Thursday, July 23rd
12:00 PM

LUNCH:

Hot Dogs,
Tater Tots,
3 Bean Salad,

& a Special Dessert Provided by Alliance Health at West Acres

Call 508-580-7811 to RSVP.
RSVP BY 6/23

Suggested Donation: **\$2.50**

Music by DJ BILL REDDIN!



FRIENDS OF THE BCOA



Responsibility of the Friends:

The Friends of the BCOA is made up of individuals, associations, organizations, partnerships or Corporations interested in increasing and improving the resources and services of the Brockton Council on Aging - enhancing, not supplanting city funds. The Friends are the fund-raising arm of the Brockton Council on Aging.

25 Years!

This June marks a meaningful milestone—the 25th anniversary of the Brockton Council on Aging.

For a quarter of a century, this organization has been dedicated to enhancing the lives of older adults in our community by supporting vital programs, services, and social opportunities.

In honor of this special occasion, **we invite you to join us in celebrating their legacy by making a donation.** Your support will help ensure that seniors in Brockton continue to benefit from resources that promote independence, connection, and well-being.

No contribution is too small, and every gift is a meaningful way to recognize the impact the Council on Aging has made over the past 25 years—and will continue to make in the future.

Thank you for considering this opportunity to celebrate and support such an important cause.

WINNER

Senior Dollar Fundraiser

WINNER

May's \$100.00 Cash Prize Winner is...**Allan Parker!**

Allen has graciously chosen to donate his winnings to the Friends of the Brockton Council on Aging! Thank you, Allen!



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: _____

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How can we help?



Call 508-580-7811 to make an appointment

Please note: NO WALK-INS. Appointments are required.



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.



MassHealth

This Month: Tuesday, June 9th starting at 11:00 AM

Once a month, a MassHealth Outreach Specialist will be available to assist you with: *MassHealth Standard Application, Health Safety Net Applications, Frail Elder Waiver Program, Long-Term Care Applications, Recertification, Updating your MassHealth Information, Questions About Your Coverage*



Legal Consultations

This month: Monday, June 29th 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*), Medicaid Planning / MassHealth for Nursing Home, Trust Planning, & Long-Term Care Planning



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.



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

Thursdays 12:30-3:00 PM

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



RMV services at the BCOA

We offer assistance with Driver's License and ID renewals for seniors under age 75, as well as help beginning applications for a Disabled Parking Placard or requesting replacement placards. *Please note: If you are age 75 or older, or your license or ID is expired, you must make an in-person appointment at the RMV to renew your license or ID.*



Pet Pantry

This month: Friday, June 26th at 9:30 AM - 10:30 AM

The Pet Pantry provides pet food and supplies once a month to registered participants. **The program is currently full and unfortunately at this time we will have to pause adding people to our waitlist.**

However, all seniors are welcome to pick up pet food from the APCSM's monthly pet pantry at 1300 West Elm St Ext, Brockton, MA held on the 2nd Saturday of every month from noon to 2pm

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.





Reminder from the Brockton Council on Aging

We're here for you — and we want to make sure you get the time and support you deserve!

We have recently seen an increase in members stopping in to meet with staff.

While our doors are always open and we welcome you, our staff are often fully booked with scheduled appointments throughout the day.

To better serve you, please call ahead to schedule an appointment.

This helps ensure:

- You are seen in a timely manner
- Staff can dedicate the proper time to your needs
- You receive the best possible assistance

CALL TO SCHEDULE: 508-580-7811

Thank you for your understanding and for helping us serve you better!



- Brockton Council on Aging



OCES MESSAGE

13

Celebrating Pride Month and Honoring Diversity

June is Pride Month, a time to honor the 1969 Stonewall Uprising, an event that sparked a global movement for the rights and recognition of the Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, and Asexual (LGBTQIA+) community. Join OCES in remembering this important time in history and in celebrating Pride Month.

As the largest provider of in-home and community-based services for older adults and people living with disabilities in Plymouth County and surrounding areas, OCES aspires to be a culturally diverse and inclusive organization that removes barriers, creates equity for all, and empowers individuals and communities to thrive, age in place, and reach their highest potential.

OCES supports everyone without exception and is proud to support several regional Pride events this month:

OCES offers a monthly **LGBTQIA+ Senior Lunch** held the first Thursday of each month at 12 p.m. at the Bridge-water Council on Aging community dining meal site. In addition to a delicious, nutritious meal, people can socialize and enjoy SINGO, a fun Bingo-like game with a musical spin. All LGBTQIA+ older adults are welcome.

Lunch and entertainment are complimentary, but reservations are required and can be made by calling the Bridge-water Senior Center at 508-697-0929. The LGBTQIA+ Senior Lunch is part of OCES' comprehensive Nutrition Program, which includes Community Dining and home delivered (Meals on Wheels) meals. For more information about OCES' nutrition services, visit <https://ocesma.org/programs-services/nutrition>

The Center in Duxbury (formerly known as Duxbury Senior Center) and OCES invite the community to a **Pride Disco Celebration** on June 18, 2026 at 3 p.m. at The Center, 10 Mayflower Street, Duxbury. The Pride Disco Celebration will include music, dancing and light refreshments. For more information, visit <https://www.town.duxbury.ma.us/center-fka-senior-center>.

OCES is proud to participate in the **Plymouth Pride Festival**, which will be held Sunday, June 28, 2026 from 11 a.m. to 5 p.m. at Nelson Memorial Park in Plymouth. This wonderful event will feature music, performers, food trucks, a pet contest, craft and retail vendors, and community resources. Be sure to stop by the OCES resource table during the event to learn more about the Plymouth Pride Festival, visit <https://www.plymouthprideinc.com/pride2026>

OCES is dedicated to creating better futures for everyone we serve and for the communities around us. If you are looking for LGBTQIA+ resources, here are a few helpful links:

The Massachusetts Mental Health Resource page for LGBTQ+: <https://www.mass.gov/lgbtq-mental-health-resources>

NAMI Massachusetts: <https://namimass.org/resources-for-the-lgbtq-community/>

Greater Boston PFLAG: <https://www.gbpflag.org>

SAGE, a national advocacy and services organization for LGBTQ+ Seniors: <https://www.sageusa.org>

For additional resources and to learn more about OCES' comprehensive programs, services, and events, visit ocesma.org

OUTREACH MESSAGE

Happy Spring to all of our members, as we finally receive some of the kind of weather that truly says "Spring"! We sure have endured a difficult Winter that makes us really appreciate it now.

There is so much to see in the Spring: the trees sprout vivid green leaves, flowers are blooming, and the birds are returning! It is a great time to get outside and enjoy the fresh air and sunshine. Pull your camera out of the closet and capture some of the beauty the season reveals! Member Henry Soones and I are putting together a "how to" photography class to get more out of your DSLR camera. Learn how to get the kinds of pictures that meet your vision, and how to improve your photography skills. Our class is expected to be presented in July, the date and time will be coming soon... Watch for that announcement and sign up promptly to save your place!

With the warm weather, it is time to open those windows and air out after a long, cold winter. Spring is often a time to clean up and reorganize our homes, and you can get assistance with these tasks if some of this is difficult for you. OCES provides home care assistance, usually at a lower cost. I am very familiar with what OCES offers and how to apply, so see me with any questions. Also keep in mind that dust and allergens tend to crop up as well, so refill those allergy prescriptions and see your doctor as needed.

Rick Alvarnaz



JUNE BIRTHDAYS



Hazel Hernandez	1 st	Maria Montanez	11 th	Suzanne Larke	18 th
Diane Clinton	2 nd	Beverly Perrault	11 th	Blenda Rice	18 th
Jacqueline Sciacca	2 nd	Linda Stokes	11 th	Bettie Edwards	19 th
Lorna Bernard	4 th	Marie Carmel Sanon	11 th	Toni Lewis	20 th
Marilyn Johnson	4 th	Maxine E. Young	11 th	Teresita Inandan	20 th
Jean Terrio	4 th	Bonita Wilson	11 th	Deby Madden	21 st
Gloria Harris	5 th	Paul George	12 th	Lorna Hendricks	22 nd
Steve Richard	5 th	Ruthie Graham	12 th	Adele Phillips	23 rd
Esther Griffith	6 th	Frances Sorgman	12 th	Mary Ann Counter	24 th
Adele Angelo	7 th	Robert Valcourt	13 th	Beverly Greene	24 th
Catherine Hutchins	8 th	Sterly Janvier	14 th	Judith Goulet	24 th
Rosemarie Thompson	8 th	Patricia Sullivan	14 th	Melova Avraham	25 th
Joan Grushkin	9 th	Nick Viola	15 th	Eugene Seaver	26 th
Billy Walker	9 th	Mary Freeland	16 th	Janet Ferrante	27 th
Patricia N. Cleary	10 th	Beverly Scheuer	16 th	Sofia Rasher	27 th
Manicile Noel	10 th	Georgia Bruce	17 th	Isabella Forret	28 th
George Mussari	10 th	Bonnie Phillips	17 th	Lorraine (Lorry) Sorgman	28 th
		Sandra McLaughlin	18 th		



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



JUNE NEW & RENEWALS



Barbara Bigelow	Maureen Haughey	Adele Phillips
Theodora (Teddi) Bourassa	Susan Long	Gisela Silverio
Barbara Bruce	George Manoogian	Linda Spiegel
William Bruce	Betty Marcouillier	Martha Testa
Maryann Calnan	Joan Payne	Linda G. Walsh
Pam Cohen		Patricia Yukna



JUNE MEMORIALS



Maryann Calnan in memory of Richard Calnan
Pam Cohen in memory of Esther Cohen - June 27 birthday
Adele Phillips in memory of my dear daughter Janine Melanson
Adele Phillips in memory of dearest friend Noreen Fahey-Dineen
Adele Phillips in memory of my brother Dr. Wayne R. Phillips
Martha Testa in memory of Enrico "Gus" Testa

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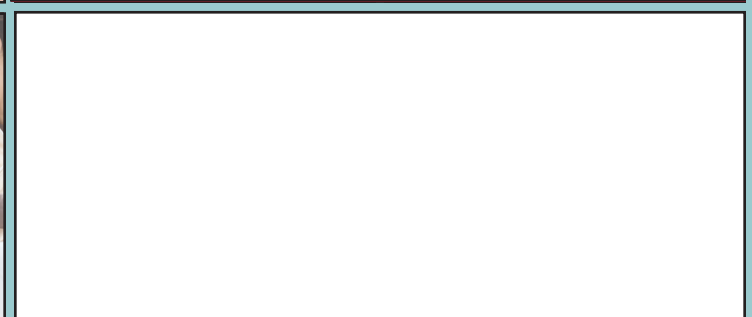

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Brockton Council On Aging Staff

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
 Brian Matta.....Custodian

Board of Directors

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

Board Members:

Harriet Beasley
 Paul Beckner
 Carol Delorey
 Mary James
 Gerald Koelsch
 Anne McCormack
 Marge Shepard

Alternates

Faye Slayton
 2 Vacancies

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

Friends of the Council on Aging Board

Lillian Dykes.....Acting Chair/Treasurer
 Maxine Young.....Vice Chair
 Vickie Green.....Secretary

Friends Board Members:

Leonard Burman, Diane Clinton, Donna Emschweiler,
 Laura Howard, Melinda Howard, Dolores Langer,
 Suzanne Larke, Linda Reddin, & Fran Zakszewski

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 Emschweiler - Vickie Green
 Jeanne Fuller-Jones - Laura Howard - Melinda Howard
 Suzanne Larke - Linda Reddin - Bill Reddin
 Henry Soones - Maxine Young - Fran Zakszewski

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.

BLOOM TRIPS

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

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

BLOCK ISLAND -Monday, July 27, 2026
Cost: \$159.00 + \$2.00 CASH TIP

Pick-Up: 7:45 AM Approx. Return: 8:15 PM
 Visit beautiful Block Island with Bloom Tours! We will meet the ferry at Point Judith, Rhode Island. A representative will give a brief overview of the day's itinerary. Upon arrival in Block Island, you will enjoy lunch at the National Hotel. After lunch, you will be given a tour of the Island. The tour lasts approximately one hour and fifteen minutes and includes a stop at the historical Southeast Light. After the tour, you may have some free time to walk and shop in the Old Harbor's downtown.
Meal Choice: Pan Seared Chicken Breast, Pasta Pomodori or Seared Salmon.

COA VAN TRIP

Trip to the Brockton Historical Society Museums
Monday, June 29th at 10:00 AM

(COA Van leaving promptly at 9:40 AM)
 Come join us on a visit to Brockton Historical Society Museums! The museums consist of the Brockton Fire Museum, The Homestead which is an actual early Brockton residence, and the John Learnard Room which presently houses the Rocky Marciano, Thomas A. Edison, and Shoe Museum exhibits. *Note: the building is handicap accessible but there are no handicap restrooms available.*
Ride the COA van or meet us there!
Spots are limited.
Call 508-580-7811 to sign up.



Elder Abuse Hotline Please use this number any time day or night to report suspected elder abuse.
800-922-2275

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508-941-0292