

Office Staff

EVA PITTSINGER, Senior Center Director and Outreach Coordinator
coa-director@brimfieldma.org
ELIZABETH SUTTON, Administrative Assistant: coa-clerk@brimfieldma.org
LILA BRADY, Program Coordinator: srcenteractivity@brimfieldma.org

Jane Duggan- Clerk
COA MEMBERS

Gus DeMiranda Diane DeMiranda Diane Panaccione
Tony Bys Connie Letendre Theresa Labombard
Lynn Fields

P.O. BOX 172 BRIMFIELD, MA 01010

LOCATED AT THE 1ST CONGREGATIONAL CHURCH, 20 MAIN ST.
OPEN MONDAY - FRIDAY 9 AM - 1 PM

413-245-7253 | 413-245-2889

Van Service is Available for Brimfield Seniors and Disabled Residents!
Monday - Friday from 8 am -3 pm.



Please call the
Senior Center for
information and
to book your ride.

MA ELDER ABUSE HOTLINE (800)-922-2275 24/7
CRISIS LINE BEHAVIORAL HEALTH NETWORK
(413) 733-6661

NATIONAL DISTRESS HOTLINE (800)-985-5990
ALZHEIMER'S HELPLINE (800)-272-3900

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Important Information!

COMMUNITY OUTREACH IS AVAILABLE TO ALL RESIDENTS (NO MATTER YOUR AGE) AT THE BRIMFIELD SENIOR CENTER. (ALL MEETINGS ARE CONFIDENTIAL) If you need aid with fuel, SNAP, Medicare, Medicaid, (Mass Health) home care, meals on wheels or other social programs our outreach department can help. Call the Senior Center at 413-245-7253 for an appointment. (Partial Funding from MA Executive Office of Elder Affairs and Federal Administration for Community)

If you need food aid the Senior Center and Local Pantries can help.

Brown Bag (over 60) -413-245-7253, Tri-town Food pantry -413-245-0055, Palmer Food Share - 413-283-3614

A Story for Seniors By: Susan Overbey

When we moved off our boat to our house in Brimfield in 2018, we had two (2) pieces of furniture. Not nearly enough. I challenged myself to see how well I could furnish the rooms with a \$1,000 budget. My main criteria being that all furniture was real wood, i.e. no particle board. The treasures I accumulated led me to become a dedicated thrifter. I now invite others to explore some of my best resources:

- Caboose Thrift Shop in Palmer is run by the Second Congregational Church, right off Route 20 at 1080 Pleasant St in Palmer. Open Fri & Sat from 10-2. Selection of men's, women's and children's clothes, linens, housewares, small appliances, and lots of other little treasures.
- East Coast Thrift, 120 West Main St. (across from Klem's) in Spencer is open Mon-Sat 9 - 7; Sun 11-5. It is a new business featuring well lit, well-spaced racks of clothing for all occasions for every member of the family. There are purses galore, housewares, small appliances, linens.
- Hope's Treasures, 168 Mechanic St in Southbridge opens Tues-Fri 10-4; Sat. 9-3. This place is packed with an ever-changing inventory of furniture, housewares, clothing, and toys.
- Stafford Community Thrift, over the border on 2 River Rd, Stafford CT; open Mon-Wed 9-3; Thur - Fri 9-3; Sat 10-2. This place has clothes, housewares, a great book section, small appliances, decorative items, toys, and some furniture. Plenty of parking in the commuter lot across the street.
- Kathy's Thrift Store, 85 Hamilton St in Southbridge is open Tues-Sat 9:30-4:30 has a terrific selection of well-priced new and used household items as well as clothes, shoes, some furniture and an ever-changing selection of small items you never knew you needed until you saw them.

Worth the trip is Angel's Attic at 34 Franklin St in my hometown Easthampton. My family church, Sacred Heart, now sets a beautiful scene for any kind of home, craft, clothing, or decorative item you can imagine. Open Thurs 4-7 and Sat 9 -1. There is a furniture annex around the corner in the old school building (formerly Immaculate Conception) at Our Lady of the Valley on 33 Adams St. Open on Sat only from 9-12. Browse the living room, dining room, and bedroom sections for furniture, lamps, rugs, large décor. Downstairs there is a used tool section featuring power and lawn equipment sometimes too. (Check out their Facebook page for inventory updates.)

If you have clothes to consign or you want to buy: Threads in the Millyard Marketplace in Fiskdale. Open Wed-Fri 10-5; Sat 10-4; Sun 11-2. Phone 413.640.0896 for consigning info.

WINDMILL

BRIMFIELD COUNCIL ON AGING

Volume 18, Issue 5

May 2024

Official Newsletter of the Brimfield Senior Center

Printing provided by Shamrock Printing



The Merry Month of May Party!

May 24th 11:00 AM

Did you know that May Day has its roots in astronomy? Traditionally, it was the halfway point between the spring equinox and the summer solstice! As with many early holidays, May Day was rooted in agriculture. Springtime festivities filled with song and dance celebrated the sown fields starting to sprout. Special bonfires were lit, and doors of houses and livestock were decorated with yellow May flowers. In the Middle Ages, the Gaelic people celebrated the festival of Beltane. Beltane means "Day of Fire." People created large bonfires and danced at night to celebrate. May Day has a long history and tradition in England, some of which eventually came to America. Children would dance around the maypole, holding onto colorful ribbons. People would "bring in the May" by gathering wildflowers and green branches, weaving floral hoops and hair garlands, and crowning a May king and queen.

Your menu is:

A starter of Cheese and Crackers

A main dish of tender beef stroganoff over egg noodles served with broccoli and carrots

Cake and Ice cream for dessert

Suggested Donation of \$5.00. Please reserve by May 17th- Seating is Limited so call early.

BUS TRIP! OGUNQUIT PLAYHOUSE, MAINE THURSDAY JUNE 20TH STARRING SALLY STRUTHERS!!



The stunning all-Gershwin, tap-dancing extravaganza, riotously entertaining, and Tony Award-winning Best Musical. New York banker Bobby Child is sent to Nevada to foreclose on a rundown theater when he falls for spunky Polly Baker, the owner's daughter.

Her instant dislike of the city slicker challenges Bobby - through cunning, razzmatazz, and mistaken identity - to win Polly's heart and save the theater. This high-stepping musical includes a treasure trove of George and Ira Gershwin's most beloved songs including "I Got Rhythm," "They Can't Take That Away from Me," "Embraceable You," and "Someone to Watch Over Me."

Thanks to a lovely gift from the Friends of the Senior Center, we can supplement the cost. Cost is \$160.00, the center will pay \$50.00 per person so your cost is \$110.00 and includes transportation, show, lunch and all taxes and gratuities (Please call the senior center to register and get details 413-245-7253)



LILA'S ACTIVITY PAGE



Bingo – First and third Wednesdays.

\$1.00 per card, .25 per game.

Coverall prize \$10.00. (Come for breakfast, stay for bingo!)

Lunch is served on Tuesday and Thursday at 11:30

Breakfast is served the first and third Wednesday at 9:30. Please call 24 hours in advance to reserve your meal.

First Friday Lunch Club – On May 3rd we will meet at Basil's in Stafford Springs, CT.

(This is a self-pay club. Please call Lila in advance if you are attending so reservations can be made.)

NUTRITION CLINIC FOR SENIORS

Tuesday, May 21st – 11:30 AM

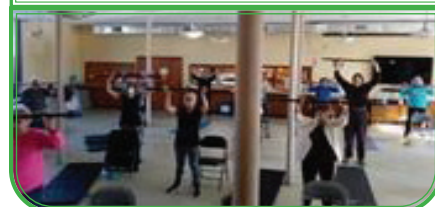
Poor nutrition is a common problem among older adults, particularly in those who have been hospitalized. Approximately 20-50% of hospitalized patients are malnourished or at risk for malnutrition. But how do you know if someone is malnourished? The end of May marks Malnutrition Awareness Week, and Greater Springfield Senior Services will be hosting a Nutrition Clinic where you can learn about recognizing signs of malnutrition in yourself, your loved ones, and your community. We'll talk about what malnutrition means; the risk factors and warning signs, effects of poor nutrition, and what you can do to prevent becoming malnourished. We will also provide a free, optional, screening tool to determine your current risk for malnutrition. Lunch is available for a suggested \$2.00 donation. Please reserve prior to 11AM on May 20th.

+Blood Pressure Clinic +

Blood Pressure Clinic, Provided by
Quaboag Rehabilitation
2nd Tuesday of each month –
10 AM to 11:30 AM

JOIN US FOR FUN AND FITNESS AT THE CENTER

We offer a variety of classes for all fitness levels including Tai Chi, Yoga, Strength Training, Arthritis Exercise and Line Dancing. Please join us for a class that interests you. See the calendar for class times and days.



Happiness for Seniors!!

Wednesday May 29th at 10:30 AM

What it is and how to achieve it

Join Henry Quinlan, book publisher and speaker, as he takes you through:

- The biggest roadblocks to happiness and how to overcome them.
- Money does not have the role that people think
- Physical ailments do not necessarily block happiness “
- A Light lunch will be served immediately after the presentation.

Please reserve your seat prior to May 18th.

MATINEE MOVIE:

NO MOVIE IN MAY DUE TO FLEA MARKET

LIKE PLAYING CARDS?

2nd & 4th Wednesdays – 9:30 AM

Come join this active group for a game or two of Quiddler or Cribbage.

Snacks and beverages free!



MAY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Breakfast 9:30 French Toast, Bacon, Fruit Bingo 10:00	2 Strength Training 9:00 Line Dancing 10:15 Lunch 11:30 Meatloaf, green beans	3 LUNCH CLUB Basil's in Stafford Springs, CT	4
5	6 Strength Training 9:00	7 Tai Chi 9:00 Arthritis Exercise 10:15 Lunch 11:30 Salmon, green beans, dessert	8 Cards & Games 9:30	9 Strength Training 9:00 Line Dancing 10:15 Lunch 11:30 Sloppy Joes	10	11
12	13 CLOSED FLEA MARKET	14 CLOSED FLEA MARKET	15 CLOSED FLEA MARKET	16 CLOSED FLEA MARKET	17 CLOSED FLEA MARKET Last day to sign up for May Party	18
19	20 Strength Training 9:00	21 Tai Chi 9:00 Arthritis Exercise 10:15 Lunch 11:30 Swedish Meatballs Noodles, fruit	22 Cards & Games 9:30	23 Strength Training 9:00 Line Dancing 10:15 Lunch 11:30 Hot Dog & beans	24 Merry Month Of May Party 11:00 Appetizzer, Beef Stroganoff, Dessert \$5 (suggested)	25
26	27 Memorial Day closed	28 Tai Chi 9:00 Arthritis Exercise 10:15 Lunch 11:30 Sausage, spiced apples waffles	29 HAPPINESS FOR SENIORS & HOW TO ACHIEVE IT By John Henry Quinlan 10:30	30 Strength Training 9:00 Line Dancing 10:15 Lunch 11:30 Hamburg, coleslaw	31	

CAN'T GET TO THE LIBRARY? The library can come to you!!

The Worcester Talking Book Library loans reading materials in accessible formats including large print, braille, and digital talking books. This service is free and easy to use. They will send you most items by mail and include return postage. Applications are available at the senior center or you can call the library directly at 1-800-762-0085. As a side note, the feedback from folks using this service is excellent!

Wales Community Food Pantry

The Wales Community Food Pantry, located at 85 Main Street In Wales is pleased to announce it has a new administrative team. The Pantry serves the communities of Brimfield, Holland and Wales. You can contact the pantry by calling 413.245.0055 or emailing walescommunityfoodpantry@gmail.com The Pantry is open Monday and Tuesday from 9 am to 1 pm and on Thursdays from 4 – 7 pm.