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COA MEMBERS

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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

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.

A note from the Director

Happy Spring everyone! I'd like to take a moment to say "Thank You" for all the support our patrons and our staff have given me during my breast cancer treatment. The outpouring of love and prayers has been overwhelming.

One of my goals as Director has been to make sure that the Center is a comfortable, casual space that is welcoming to all. Our patrons have proved time and again that this goal has been achieved. It is wonderful to hear the laughter and conversation, watch friendships grow and see the support you give each other.

Moving forward into the warm weather we are busy planning summer events so keep an eye on your newsletter. If you have any suggestions for events or trips, you'd like to see the Senior Center sponsor, please speak up and let Lila or me know. We are always looking forward to your input.

Wishing you all daffodils and tulips this beautiful season,
Eva

WINDMILL

BRIMFIELD COUNCIL ON AGING

Volume 18, Issue 4

April 2024

Official Newsletter of the Brimfield Senior Center

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Welcome Spring Party!

April 26th - 11 AM to 1 PM

Join us as we welcome the season of showers and flowers.

Your appetizer is chips and salsa

Main meal: Creamy, honey garlic chicken breast, Rice Pilaf, Roasted Asparagus, Birthday Cake

Suggested Donation of \$5.00. Please reserve by April 22nd- Seating is Limited so call early.



SENIOR STORIES BY SUSAN OVERBEY

No question: events at the Brimfield Senior Center are enhanced by the dedication of its volunteers like Arlene Smith. Although she lives just over the border in Connecticut her Brimfield roots go deep. Number 10 out of 11 children born in the St. Pierre family of East Brimfield, Arlene said before the Flood of 1955 they lived in the old Auger Mill building, which her father bought circa 1937. It was, she said, "the old Post Office and Pool Hall. He (her father) built up and added four bedrooms, to accommodate his growing family. When the Army Corps took over the area to regulate flooding the family moved to Holland/East Brimfield Road, where her mother operated Anne's Country Store. She and her sisters, she said, were known as "the East Corner Girls."

Arlene shared wonderful memories of growing up here. "I used to take swimming lessons at Little Alum, and Penny Gilman, who ran 4-H, taught us how to can tomatoes. Mrs. Gendreau taught us how to sew. We had Halloween parties at the Town Hall, where we would bob for hanging donuts." With a smile, she remembered, "we had to go through a 'Spooky Walk' manned by the older kids in the side door."

She is the proud mother of 1 girl, Sondra, and 2 boys, Shannon and Shelby, 7 grandchildren and 2 great granddaughters, whom she lovingly refers to as "Lily Pea and Charlotte Pea," to carry on the traditions begun with their mother, who was nicknamed 'Pea' as in 'SweetPea.' She fondly notes she was married for 52 years to, "the boy next door, Brian," who sadly passed in 2020. Arlene keeps herself busy with activities beyond volunteering. One day a week she goes to her daughter's and enjoys a "Gigi Day" of lunch, games, and fun. She taught herself quilting, making a quilt a year to be raffled at the annual St. Pierre summer reunions, and said she is now, "getting back into it." She looks forward to her family's annual October trip, when her daughter and her husband rent a house big enough to accommodate the whole clan.

Arlene enjoys her volunteer work at the Brimfield Senior Center, where she is greatly appreciated. She came here with two of her sisters Gigi and Dottie because, "we were Brimfieldites and felt accepted here." When asked her favorite thing about BSC, Arlene said, "everybody and everything, because of the people." Pretty sure "the people" reciprocate that joy when they see Arlene at work here.



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 April 4th we will meet at Hitchcock Tavern in West Brookfield at 12 PM. (This is a self-pay club. Please call Lila in advance if you are attending so reservations can be made.

“THE WOMEN OF ‘76”

April 19th – 10:30 AM

Join us as we welcome back Riti Parisi with another one-woman theatrical Show.
Just a few of the women who Rita Parisi will portray in this show:
A Massachusetts housewife who led an all-female militia in search of British spies.
A German Baroness who followed her Hessian General husband into the British camps
A Georgian farmer's wife who took on a search party of Red Coats, all by herself!
And OTHERS!
A Light lunch will be served immediately after the show. Please reserve your seat prior to April 12th.



• **Senator Fattman Office Hour** • Private meetings are available.

+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.



Matinee Movie

April 12th 10:30

“The Holdovers”

A curmudgeonly instructor at a New England prep school remains on campus during Christmas break to babysit a handful of students with nowhere to go. He soon forms an unlikely bond with a brainy but damaged troublemaker, and with the school’s head cook, a woman who just lost a son in the Vietnam War.
\$2 for the movie - popcorn, beverages & snacks free!

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!

April 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Strength Training 9:00 Informational Meeting ★	2 Tai Chi 9:00 Arthritis Exercise 10:15 Lunch 11:30	3 Breakfast 9:30 Jane's egg casserole, fruit Bingo 10:00	4 Strength Training 9:00 Line Dancing 10:15 Lunch 11:30	5 Lunch Club 12:00 Hitchcock Tavern West Brookfield	6
7	8 Strength Training 9:00	9 Tai Chi 9:00 Arthritis Exercise 10:15 Lunch 11:30 Health Care Proxys	10 Cards & Games 9:30	11 Strength Training 9:00 Line Dancing 10:15 Lunch 11:30	12 Movie: 10:30 The Holdovers	13
14	15 CLOSED PATRIOT'S DAY	16 Tai Chi 9:00 Arthritis Exercise 10:15 Lunch 11:30	17 Breakfast 9:30 Bacon, egg, cheese on Eng. Muffin, fruit Bingo 10:00	18 Strength Training 9:00 Line Dancing 10:15 Lunch 11:30	19 The Women of '76 with Rita Parisi 10:30 Reserve by 4/12 Light lunch to follow	20
21	22 Strength Training 9:00	23 Tai Chi 9:00 Arthritis Exercise 10:15 Lunch 11:30	24 Cards & Games 9:30	25 Strength Training 9:00 Line Dancing 10:15 Lunch 11:30	26 SPRING PARTY 11 -1 Reserve by 4/22 Honey garlic chicken Rice Pilaf, asparagus Birthday Cake	27
28	29 Strength Training 9:00	30 Tai Chi 9:00 Arthritis Exercise 10:15 Lunch 11:30				

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!

★ **Informational meeting with the Brimfield Building Committee**
Your input is important as the Building Committee presents three options for new Town offices. Join us at the Senior Center on April 1st at 11:00 am and listen to the presentation and have your voice heard. Snacks and beverages provided