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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.

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PALMER, MA

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

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

ATTENTION BRIMFIELD RESIDENTS ARPA UTILITY ASSISTANCE

The Town of Brimfield has committed ARPA funds to continue the Utility Assistance program for ANY Brimfield household that qualifies through the 2023/2024 heating season. If qualified, you can receive \$500.00 to defray the cost of utilities. If you received a check in 2023 you can receive more if you meet the qualifications for 2023/2024 season. YOU MUST CALL THE OUTREACH DEPARTMENT AT 413-245-7253 FOR QUALIFICATION INFORMATION AND TO APPLY.

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

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.

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!

WINDMILL

BRIMFIELD COUNCIL ON AGING

Volume 18, Issue 3

March 2024

Official Newsletter of the Brimfield Senior Center

Printing provided by Shamrock Printing



ST. PATRICK'S DAY PARTY

Come on down and enjoy a fabulous tavern feast while you listen to the great vocals of one our favorite performers, Stephen George.

Your menu is:

Crackers and Pub Cheese Spread

Irish Tavern Shepherd's Pie filled with roasted carrots, peas & corn and topped with plenty of mashed potatoes!

Birthday Cake & Mint Chip Ice Cream

Suggested Donation of \$5.00. Please reserve by March 18th - Seating is Limited so call early.

SENIOR STORIES BY SUSAN OVERBEY

My story is different this month as it features a thing not a person. My home has 3 Amazon Alexas, an additional one resides in my husband's outdoor workshop. Right up front I wish to note that although our house has Amazon Alexa, Google Home does the same thing. I try hard not to be guilty of personification, but we interact all day long. When I get up and make breakfast, I begin by asking her about the weather. She gives me the day's forecast and temperature range. I programmed her to notify me of upcoming storm forecasts. (Her light glows blue/green.) This is my cue to ask her about notifications.) Then, as my bagel toasts, I request the trivia question of the day. (Every day she asks if I want to enroll, for a fee, in more trivia games. Every day I tell her no. She tells me "No worries." If I have an upcoming appointment, I ask her to alert me to the time I have to leave to arrive on time. Bedroom Alexa serves as my alarm. She wakes me with an alarm that grows louder until I tell her to shut off. Or, I have her wake me with the news of the day from NPR (my preference) and a weather forecast. I like to fall asleep to the sound of rain; when I get into bed, I tell her/it to loop rain sounds and they play until I awake. My husband recently had a health issue requiring regular, daily doses of medicine. I had kitchen Alexa remind him to take medicine every 6 hours. On the rare occasions that I bake or cook I have her set any timers I might need. As I type this story Alexa is playing some of my favorite music. I also had to ask her the difference between personification and Anthro morphism. My friend, who lives alone, recently had knee replacement surgery and I got her an Alexa. She was not enamored of the idea until I told her that if, heaven forbid, she injured herself, she could instruct Alexa to call 911. The beauty of Google and Alexa is that one needs only an internet connection for them to work. Download their app onto a phone, computer or tablet and then plug them in. They guide you to indicate your location, preferred news organization, volume, etc. They are relatively inexpensive too. Google Home retails for \$49. We got one of these for my mom on her 92nd birthday. She was very hard of hearing, but she could adjust the volume with a voice command. It was not unusual to drive up to my mom's house and hear her favorite polka music blaring. The music always made her smile. Amazon Alexa's Echo Dots start at \$34.99. Amazon offers an Emergency Assist subscription for \$5.99/month but, this is not essential for 911 assistance. Both devices offer smart home features that interact with other devices. For instance, my daughter has smart home plugs. She works nights and comes home in the dark. As soon as she unlocks her door she instructs Alexa to turn on the lights. Two lamps come to life. My son controls his thermostat with his device. When the movie Frozen came out my two youngest granddaughters instructed Alexa to play tunes from the movie so often that we all can now sing "Let It Go" verbatim in our sleep. I have an Audible subscription and often, when I am working, I have Alexa read my latest selection. She also plays podcasts for me; tells me jokes; or refreshes my memory regarding New Deal programs. (I am a retired History Teacher; old habits die hard.) Sometimes I am on the second floor and don't feel like going down two flights of stairs to ask my husband a question. I tell Alexa to "announce." She asks me what I wish to announce. I tell her and she "announces" what I want my husband to know. Frankly, don't tell my children, but she responds quicker than they ever did.

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!)

Join us for Lunch every Tuesday and Thursday and Breakfast the first and third Wednesday of the month. \$2.00 donation requested Check out the menu on the calendar. You must reserve your meal no later than 11 AM on the day prior.

FIRST FRIDAY LUNCH CLUB

On March 1st we will meet at Wales Irish Pub at 12 PM. (This is a self-pay club. Please call Lila in advance if you are attending so reservations can be made.

LINE DANCING WITH ROSE IS BACK!

Thursdays at 10:15

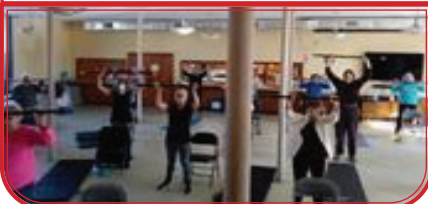
Come on in and give it a try. It's fun, low-impact exercise and good for your memory.

A triple win.



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.



"STROLLING THROUGH HISTORY"

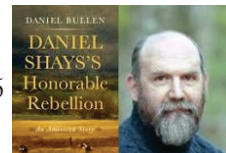
Friday, March 8, at 10:15 AM

Please join us as we welcome author Daniel Bullen for a 'stroll' back to 1786

Did you know that a Brimfield resident was involved and had a warrant for his arrest? Daniel will share new perspectives on Shays' Rebellion from his book Daniel Shays's Honorable Rebellion. Shays' Rebellion was a series of uprisings in 1786 and 1787, mostly in Western Massachusetts, in opposition to the state government's increased efforts to collect taxes on both individuals and their trades. Men who agreed with Daniel Shays made their way towards what is today Springfield Armory National Historic Site, known at the time as Springfield Arsenal. They intended to seize the weapons stored at the Arsenal and make their way to the state capitol. Privately hired militia forces dispersed Shays's "Regulators", and the Rebellion effectively ended. Today historians largely agree that Shays's Rebellion was one of the inciting events leading to the Constitutional Convention and the modern system of American government.

Daniel earned a PhD in American literature from New York University. He is the author of The Dangers of Passion: The Transcendental Friendship of Ralph Waldo Emerson and Margaret Fuller and The Love Lives of the Artists: Five Stories of Creative Intimacy. He lives in western Massachusetts with his 3 dogs.

A light luncheon will be served immediately after the program. There is no fee but seating is limited. Please call 413-245-7253 to reserve your seat.



Matinee Movie

March 15th 10:30

"The Boys in the Boat"

A sports drama based on the #1 New York Times bestselling non-fiction book written by Daniel James Brown. The film, directed by George Clooney, is about the 1936 University of Washington rowing team that competed for gold at the Summer Olympics in Berlin. This inspirational true story follows a group of underdogs at the height of the Great Depression as they are thrust into the spotlight and take on elite rivals from around the world.

\$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!



March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Lunch Club 12:00 Wales Irish Pub	2
<p>The Building Committee will hold a Public Informational meeting to discuss the future of the Town Hall and Annex at the Senior Center Monday 4/1 at 11:00 am. Refreshments will be served. The same presentation will be made on 3/25 at 6:30 in the Elementary School for those who prefer.</p>						
3	4 Strength Training 9:00	5 Tai Chi 9:00 Arthritis Exercise 10:15 Lunch 11:30 Meatloaf, gravy, Peas Mash Potatoes	6 Breakfast 9:30 Egg sausage & cheese on eng. muffin, Fruit Bingo 10:00	7 Strength Training 9:00 Line Dancing 10:15 Lunch 11:30	8 Strolling through History & Lunch 10:15 "Shays Rebellion"	9
10 	11 Strength Training 9:00 Grief Group 11:30	12 Tai Chi 9:00 Arthritis Exercise 10:15 Lunch 11:30 Chicken & Dumplings, Brussel Sprouts	13 Cards & Games 9:30	14 Strength Training 9:00 Line Dancing 10:15 Lunch 11:30	15 Movie: "Boys in the Boat" 10:30	16
17 	18 Strength Training 9:00	19 Tai Chi 9:00 Arthritis Exercise 10:15 Lunch 11:30 Piergois, Cabbage, Carrots	20 Breakfast 9:30 French Toast, Sausage, Fruit Bingo 10:00	21 Strength Training 9:00 Line Dancing 10:15 Lunch 11:30	22 March Party 11:00	23
24	25 Strength Training 9:00	26 Tai Chi 9:00 Arthritis Exercise 10:15 Lunch 11:30 Lazy Stuffed Cabbage Peas & Onions	27 Cards & Games 9:30 Speaker on Reverse Mortgages 10:30	28 Strength Training 9:00 Line Dancing 10:15 Lunch 11:30	29	30/31

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

EVER WONDER IF A REVERSE MORTGAGE MIGHT BE RIGHT FOR YOU?

Join Chrissie Witz, from Norcom Mortgage in Spencer for an informative session. Wednesday, March 27th – 10:30 AM. Light pastries will be served.

A Group for Those Who Are Greiving

Monday, March 11th, 11:30AM This support group is a place where those dealing with the ongoing effects of grief and loss can share. This will be a safe place to talk. While gathered, we will learn a little about the grieving process, practice some self-care exercises, and remember our loved one. We will talk about loss and life, dying and living. This is a time and place where you can be your whole self and share all the emotions you are experiencing. Meetings will be held on the second Monday of each month at 11:30 AM. No pre-registration, no ongoing commitment necessary. All are welcome!