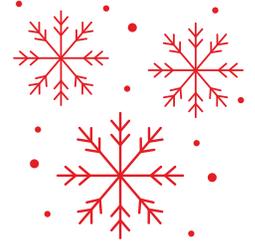




# NORTH ATTLEBOROUGH SENIOR CENTER NEWS!

## December



Welcome to December at the Senior Center!

As the year winds down and the winter season begins, we're excited to embrace all the joy, warmth, and togetherness that December brings. From festive gatherings and creative holiday activities to opportunities for learning, wellness, and community connection, this month is filled with reasons to celebrate. We invite you to join us in making memories, sharing laughter, and enjoying the spirit of the season with friends old and new. Here's to a wonderful month ahead!

Dr. Seigel - Podiatrist  
Friday, December 5<sup>th</sup> @8:00am

Emergency Folder for your loved ones Luncheon  
Monday, December 8<sup>th</sup> @12:00pm

Kevin "The Game Show Guy"  
Tuesday, December 9<sup>th</sup> @ 1:30

*See  
What's  
Inside*

Annual Christmas Party Luncheon  
Wednesday, December 10<sup>th</sup> @12:00pm

Salem Cross Inn & Bright Nights Trip  
Thursday, December 11<sup>th</sup> @3:00pm

New Year's Eve Day Brunch  
Wednesday, December 31<sup>st</sup> @10:30am

### HOURS!!

**North Attleborough Senior Center**  
204 Elm Street  
North Attleborough, MA 02760  
(508) 699-0131



**Hours:**  
Monday 8:00 AM – 3:00 PM  
Tuesday 8:00 AM – 3:00 PM  
Wednesday 8:00 AM – 3:00 PM  
Thursday 8:00 AM – 3:00 PM  
Friday 8:00 AM – 12:00 PM

**Karen Testa, Director**  
**Lisa Burgess, Outreach Coordinator/SHINE**  
**Janis Johns, Administrative Assistant**  
**Brenda Takessian, Activities Coordinator**  
**Nutrition Supervisor**  
**Nancy Blase, Nutrition Site Coordinator**  
**General Email:**  
**SHINE Email:**

**ktesta@nattleboro.com**  
**lburgess@nattleboro.com**  
**jjohns@nattleboro.com**  
  
**btakessian@nattleboro.com**  
**nblase@nattleboro.com**  
**COAinfo@nattleboro.com**  
**Shine@nattleboro.com**

*Contact  
Us*



# December



## A note from the Director...

Dear Friends,

As we enter this joyful season, I want to take a moment to reflect on what a wonderful year it has been for our Senior Center. Together, we have shared countless smiles, stories, and memories.

I would like to thank the COA board for their outstanding commitment throughout the year. I appreciate their support and vision. My sincere thanks to our incredible and dedicated staff for their tireless efforts throughout the year. Their hard work and dedication have been instrumental in ensuring the continued success of our programs and services. Their willingness to go above and beyond is always appreciated.

December is always a special time at the Senior Center, filled with gratitude and celebration. I hope you will join us for our annual Christmas Party on Wednesday, December 10th, where we will draw the winners of the Friend Group's Holiday Gift Baskets Raffle, enjoy a delicious meal, and wonderful entertainment by Vini Ames. Your participation and support of the Friends Group's Holiday Gift Baskets Raffle means so much as they help with purchases that make our "new home" at 451 Elm Street a warm and welcoming space for all. Baskets are on display at the Senior Center through Dec.9th.

As we look ahead to the new year, I am filled with excitement and appreciation for our incredible staff, volunteers, each and every one of you who make this Senior Center the heart of our community and being relocated to our "New Home"!

Wishing you all peace, joy, and good health this holiday season and throughout the coming year.

Warm regards,  
Karen A. Testa, Director





**FREE!**

**Monday, December 8<sup>th</sup> @12:00pm**  
**“WHAT TO LEAVE BEHIND: CREATING AN EMERGENCY FOLDER FOR YOUR LOVED ONES”**

**\*Free lunch & dessert provided.**



Attorney Amy Azza will be presenting all about the details of exactly which documents you should be putting in your “emergency folder” for your children, and how to create a full “legacy plan” to protect you and your children’s peace of mind.



**AZZA LAW FIRM**

**North Attleborough Senior Center**  
**204 Elm Street, North Attleborough**  
**Monday, December 8<sup>th</sup> @12:00pm**  
**SIGN UP W/STAFF TODAY!!**

**FREE!**

# *North Attleborough Senior Center Annual Christmas Party Luncheon*

## *Christmas Party*



"Friends of the NA COA" Fundraiser  
Raffle Baskets on display @SC  
Winners will be chosen at the Christmas party.

**When:** Wednesday, December 10th  
**Where:** North Attleboro Elks Club Lodge  
(52 Bulfinch St, North Attleborough).  
**Time:** 12:00pm - \$15.00 per person

- ★ Live entertainment by the one and only VINI AMES!
- 🎁 Delicious food, festive fun, and plenty of holiday cheer await!
- 🥂 Bring your best holiday spirit and maybe even a little sparkle!

### *Menu:*

Antipasto Salad, Rigatoni w/Marinara Sauce, Farfalle w/Pink Vodka Sauce, Chicken Francaise, Baked Scrod, Eggplant Parmigiana, Roast Beef w/Mushroom Gravy, Red Bliss Roasted Potatoes, Rolls and Butter  
Coffee and Tea

*Catered by: Ralph's Catering*

Special Dessert sponsored by Dyer-Lake Funeral Home  
and Shirley's Chocolates

**YOU MUST MAKE YOUR RESERVATION  
W/STAFF FOR THIS EVENT.**



# OUTREACH/SHINE CORNER

## Lock Box Program

The North Attleborough Residential “Lock Box Program” lets emergency responders access seniors’ or mobility-impaired residents’ home quickly-without forced entry-by using a secure, keyed lock box mounted outside the residence. Only the NA Fire Dept. has access to enter the box. Stored inside the box is a home key and optionally medical/contact information. This enables faster, less destructive entry and improved patient care. There are no fees for those eligible. The system helps prevent property damage, reduces time to receive emergency services, and gives families and residents peace of mind in emergencies.

Please contact the North Attleborough Fire Dept. if you would like more information about this service.

## Be aware: “The Grandparent Scam” Is targeting Seniors again!!



A grandparent scam is a type of confidence scam where criminals impersonate a grandchild or other relative in distress to pressure victims into sending money urgently. Scammers create a sense of panic, demand secrecy, and ask for payment through untraceable methods like gift cards or wire transfers. To avoid them, be skeptical of any emergency call, resist the urge to act immediately, and verify the story by contacting the supposed relative directly or another family member.

### How the scam works:

**Impersonation:** The scammer calls claiming to be a grandchild or relative who is in trouble, such as being in an accident, arrested, or stranded abroad.

**Urgency and secrecy:** They create a sense of immediate urgency and may instruct you not to tell other family members, like the victim's parents.

**Exploitation:** The scammer uses details they've gathered from social media to make the story more convincing.

**Pressure for payment:** They pressure the victim to send money quickly through specific, hard-to-trace methods like wire transfers, gift cards, or cryptocurrency.

**AI enhancement:** Modern versions can use AI to clone a relative's voice, making it even more difficult to detect the fraud.

### How to protect yourself:

**Resist the urge to act:** Take a deep breath and do not act on impulse, no matter how dramatic the story seems.

**Hang up:** End the call immediately if you feel pressured.

**Verify the story:**

Call the family member directly on a number you know is genuine.

Contact another family member, like the person's parent, to confirm the story.

**Create a family passcode:** Agree on a secret question or passcode with your family that only the real person would know.

**Be suspicious of payment methods:** Be wary of any requests for payment via gift cards, wire transfers, or cryptocurrency. **DO NOT SEND FUNDS!!**



SCAM



## Blue Cross/Blue Shield Presentation

### Tuesday, December 2<sup>nd</sup> @1:00pm



Blue Cross Blue Shield Medicare Plans

Learn about 2026 Blue Cross Medicare Advantage and Supplement plans, including product updates and coverage differences.

Plans Covered:

- Medicare Advantage (Medicare HMO Blue, Medicare PPO Blue)
- Medicare Supplement (Medex Core, Sapphire, Bronze)

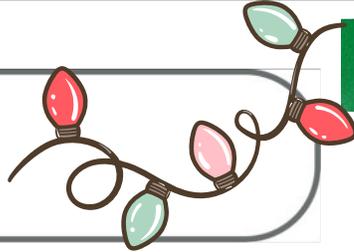
Please sign up w/staff for this presentation.

# OUTREACH/SHINE CORNER

# Free Community Meals

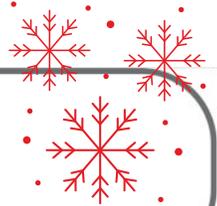
## Monday

**Every Monday, 3:45pm**  
La Salette Shrine Cafeteria,  
947 Park St., **ATTLEBORO**



## Thursday

**Every Thursday, 4:30pm**  
VFW Post 115,  
122 Park Street, **ATTLEBORO**  
(Drive-thru available)

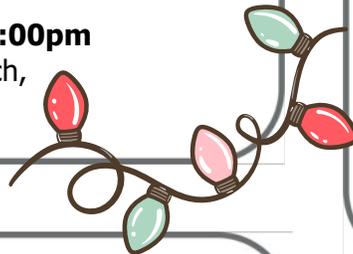


## Tuesday

**Every Tuesday, 4:30pm**  
First Baptist Church,  
52 N. Main St., **MANSFIELD**

**Every Tuesday, 4pm**  
Good News Bible Chapel,  
235 West St., **ATTLEBORO**  
(Drive-thru available) \*Not an AAIC Program\*

**3rd Tuesday of the Month, 5:00pm**  
Trinitarian Congregational Church,  
2 Pine St., **NORTON**



## Friday

**Every Friday, 4:30pm**  
VFW Post 115, 122 Park St., **ATTLEBORO**  
(Drive-thru available)

## Saturday

**Every Saturday, 11:00am**  
Centenary United Methodist Church  
15 Sanford Street, **ATTLEBORO**

**2nd Saturday of the Month, 5:00pm**  
Bethany Congregational Church  
3 Rockhill St., **FOXBORO**  
(Dine-in only)

## Wednesday

**Every Wednesday, 4:00pm**  
First Baptist Church  
75 Park St., **NORTH ATTLEBORO**

**Every Wednesday, 4:30pm**  
VFW Post 115, 122 Park St., **ATTLEBORO**  
(Drive-thru available)

## Sunday

**4th Sunday of the Month, 12:30pm**  
Centenary United Methodist Church  
15 Sanford St., **ATTLEBORO**

**5th Sunday of the Month, 1:00pm**  
First Baptist Church,  
118 S. Main St., **ATTLEBORO**

## All are welcome!!

There is no registration, ID, residency, or eligibility requirement.

Free transportation is available to our meal sites.

Contact us for more information. Unless otherwise noted, meals are available dine- in and to-go.

## Contact Us

-  [AttleboroAIC.org](http://AttleboroAIC.org)
-  [office@attleboroaic.org](mailto:office@attleboroaic.org)
-  (508) 222-2933



## **NORTH ATTLEBORO COMMUNITY RESOURCE LIST**

If assistance is needed, please contact Lisa Burgess Outreach/SHINE (508) 699-0131 ext. 2632

### **Bristol Aging and Wellness**

(508) 675-2101

Information and referrals home care resources, caregiver support, money management support, protective services, nutrition

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

Meals on Wheels Program-774-627-1390

### **GATRA Transportation**

800-483-2500 or visit the website [www.gatra.org](http://www.gatra.org) for information on routes, dial-a-ride, medical transport, commuter services.

\*You can purchase GATRA passes at the North Attleboro COA

### **Alzheimer's Association**

800-272-3900 or <https://www.alz.org>

Through this free service, specialists and masters level clinicians offer confidential support and information to people living with the disease, caregivers, families and the public

### **Self Help Heating assistance**

508-588-5440 or <https://selfhelpinc.org>

for information and to schedule an intake appointment.



### **South Coast County Legal Services**

WWW.SCCLS.ORG (508) 676-6265

Legal services with no charge for questions or problems with: Public benefits, Housing, document preparation. Eligibility based on age, residence and project priorities.

### **SNAP (food stamp) Assistance**

for assistance and eligibility or Call 866-950-3663 or

<https://dtaconnect.eohhs.mass.gov/>

### **Elder Helpline 800-243-4636 or [www.mass.gov/orgs/executive-office-of-aging-independence-age](http://www.mass.gov/orgs/executive-office-of-aging-independence-age)**

Connection to local ageing and disability services.

Elder Abuse Hotline 800-922-2275

Report abuse and neglect 60+

### **RMV Senior Line**

857-368-8005 this line is dedicated to those with disabilities and customers 65 and older to schedule license or ID appointments or visit [https://atlas-myrmv.massdot.state.ma.us/\\_/](https://atlas-myrmv.massdot.state.ma.us/_/)

### **Food Pantries**

\*Lenore's Pantry-508-699-0100 ext. 2515 to make an appointment to register.

\*YMCA food Access please call 508-643-5277 or email [foodaccess@hockymca.org](mailto:foodaccess@hockymca.org)

\*First Baptist Church at 75 Park St., N. Attleboro, MA 508-222-2933 offers free hot meals on Wednesdays

### **Legislators**

#### **Representative-Adam Scanlon**

617-722-2680 or [www.officeofrepscanlon.com](http://www.officeofrepscanlon.com)

Senator- Paul Feeney

617-722-1222 or [www.senatorfeeney.com](http://www.senatorfeeney.com)

### **COA Medical Equipment Loan Program**

(subject to availability) Gently used walkers, wheelchairs, commodes, canes, and shower chairs. If you or someone you know need to borrow any of these items, please contact the COA 508-699-0131. At times we also have donated incontinence supplies please call for in stock items.

### **Other helpful numbers**

-MassHealth 800-841-2900 or [www.Mass.gov](http://www.Mass.gov)

-Medicare 800-633-4227 or [www.Medicare.gov](http://www.Medicare.gov)

-Social Security 800-772-1213 or [www.SSA.gov](http://www.SSA.gov)

-North Attleboro Housing- 508-695-5142 applications/assistance

or visit: [www.northattleborohousing.org](http://www.northattleborohousing.org)

-North Attleboro Veterans Dept. 508-699-0100

-INTERFACE 888-244-6843 free referral service for outpatient mental health resources. (NA residents only)



# NOVEMBER HIGHLIGHTS



**Veteran's Breakfast w/Jim Blase**



**90 years young!**



**November Birthday Luncheon**



**Celebration of Age**



# EVENTS, PRESENTATIONS, AND ACTIVITIES!!

**BINGO!**  
Dollar Tree BINGO - Sponsored by  
Chapel Hill Assisted Living  
Wednesday, December 3rd @1:00pm

Amy Grover will lead this BINGO and provide prizes too.  
Everyone welcome. FREE program!!  
Amy will be here on the 1st Wednesday of each month.

National Christmas Cookie Day!  
Thursday, December 4<sup>th</sup>  
1:00pm -2:30pm

Bring your favorite Christmas Cookie to share or just come to enjoy some holiday spirit with friends. Hot chocolate will be served and your favorite Christmas tunes will be played.

Please sign up w/Nancy to bring your favorite cookie and please bring the recipe to share with friends.

Watercolor Holiday Card Craft w/Sharon  
Thursday, December 4<sup>th</sup> @11:30am  
\$3.00 per person

Get into the festive spirit with a special holiday craft class. Join us as we explore simple watercolor techniques to create beautiful, one-of-a-kind holiday cards. No experience needed—just bring your creativity and enjoy a relaxing, fun afternoon with friends. All supplies will be provided. Come make something merry!



LCR (Left, Center, Right) Games!  
Thursday, December 4<sup>th</sup> @1:00pm

Looking for a fun and social way to spend an afternoon? Come play LCR (Left, Center, Right) at the senior center! This simple yet exciting dice game is perfect for all skill levels and guaranteed to bring plenty of laughs. With easy rules and fast-paced action, it's a great way to meet new friends or enjoy time with familiar faces. No experience necessary.



Dr. Seigel's Podiatry Appointments  
@ the Senior Center  
Friday, December 5<sup>th</sup> @8:00am

Please make your appointment w/staff in advance.

 Assabet Family Podiatry



National Pearl Harbor Remembrance Day  
Sunday, December 7, 2025

Each year on December 7<sup>th</sup>, we observe "National Pearl Harbor Remembrance Day" to honor the 2,403 service members and civilians who lost their lives in the attack on Pearl Harbor in 1941. This solemn day reminds us of the bravery, sacrifice, and resilience of those who served and of the families forever changed by that moment in history. We pause to remember their legacy and to reflect on the enduring importance of peace, unity, and gratitude for the freedoms we hold today.



# EVENTS, PRESENTATIONS, AND ACTIVITIES!!

**IMPORTANT**

**What to leave behind:  
“Creating an Emergency Folder for your loved ones” Presentation  
Monday, December 8<sup>th</sup> @12:00pm**

Attorney Amy Azza will be presenting all about the details of exactly which documents you should be putting in your “emergency folder” for your children, and how to create a full “legacy plan” to protect you and your children’s peace of mind.

You must sign up with staff for this presentation!

**FREE lunch & dessert provided**

**Lunch & Learn w/MCOA Nutrition -  
“How Food Affects Sleep & Energy”  
Tuesday, December 9<sup>th</sup> @12:00pm**

· Mark your calendars for our monthly series, “The Power of Nutrition: How food affects sleep & energy” presented by Tara Hammes, RD and Healthy Aging Manager for the Massachusetts Councils on Aging. This month we'll focus on foods for improved sleep & boosting energy levels, which will review the best meal plans and foods to choose.

Please sign up w/staff for this presentation

**IMPORTANT**



**Kevin the “Game Show Guy”  
Tuesday, December 9<sup>th</sup> @1:30pm  
FREE**

**GAME TIME**

Join us for an afternoon of fun, laughs, and friendly competition!! Kevin brings the excitement of a real game show right to our center—complete with buzzers, music, and lots of chances to win prizes. It’s always a crowd favorite and guaranteed to be a great time!

Don’t miss it—come join the fun! 🏆

**Please sign up w/staff for this event!!**

**Annual Christmas Luncheon  
Wednesday, December 10<sup>th</sup> @12:00pm**

**\$15.00 per person -see flyer on page 4 for more details.**

Mark your calendars and get ready to celebrate the season in style! Join us on Wednesday, December 10th at 12:00 PM for a holly-jolly afternoon at the North Attleboro Elks Club Lodge (52 Bulfinch St, North Attleborough).

🌟 Live entertainment by the one and only VINI AMES!

You must sign up w/staff and purchase your ticket for this event ASAP!!

# EVENTS, PRESENTATIONS, AND ACTIVITIES!!

**Salem Cross Inn &  
Bright Nights at Forest Park Trip**  
Thursday, December 11<sup>th</sup> - \$3.00 per person

🚌 Bus will leave the SC @3:00 and return to the SC @approximately 9:00pm  
A festive evening you won't want to miss!

Join us for a delicious dinner at the charming Salem Cross Inn, followed by a magical ride through Bright Nights at Forest Park, one of New England's favorite holiday light displays!  
You will pay for your own meal! Please bring cash for dinner payment.  
You must reserve your seat w/staff by Friday, December 5th!!



**Lunch & LAUGH!! Holiday Movie Afternoon**  
Monday, December 15<sup>th</sup>  
Sturdy Lunch @12:00pm - \$5.00 per person  
Movie @1:00pm



Join us for a festive afternoon of good food and great fun! Enjoy a delicious lunch provided by Sturdy Dining Services, then stay to watch the holiday comedy classic "Christmas Vacation", starring Chevy Chase. Get ready for plenty of laughs, holiday cheer, and a cozy afternoon with friends.

Sign up w/staff for lunch and movie!!  
(you can sign up for the lunch and movie separately)

**Holiday Craft with Laurie!**  
Monday, December 15<sup>th</sup>  
@1:00pm - \$5.00 per person

Join Laurie Beauvais for a fun and creative Holiday craft class where you'll make a tin can flower arrangement and try your hand at decoupage! No experience is necessary—Laurie will guide you step by step. All supplies will be provided, so just bring your creativity and enjoy a relaxing time crafting with friends.

You must sign up w/staff for this class.  
Space is limited.



*Craft*

💡 **Lunch & Learn**  
**NARCAN Training for Seniors** 🍴

Tuesday, December 16<sup>th</sup> @11:30am

Join us for an important and informative Lunch & Learn session focused on NARCAN training. Learn how to recognize the signs of an opioid overdose and how to safely use NARCAN to help save a life. This free session is open to all seniors. Enjoy a delicious lunch while gaining valuable knowledge that could make a difference in your community.

Please sign up w/staff for this presentation.

**LUNCH & LEARN**

# EVENTS, PRESENTATIONS, AND ACTIVITIES!!

**TRIVIA**

Trivia w/Larry  
Wednesday, December 17<sup>th</sup>  
@1:00pm

General knowledge - History - Music  
Movies - Food - Geography - Travel - Science -  
Business  
Celebrities - Health - Fashion - Holidays - Animals -  
Famous people Classic television shows - Broadway

**\*\*You will need to sign up w/staff for this event. We now need a count of participants as the group is very popular and we need to make sure we have space for everyone!!!**

Mystery Lunch Trip  
Thursday, December 18<sup>th</sup>  
will leave SC @11:00am

We'll choose the restaurant and provide transportation to a surprise location—you won't know where you're going until you arrive!

**\*\*Sign ups will begin on Monday, December 1st @8:00am!!**

All you need to do is sit back, relax, and enjoy the ride.

Lunch is at your own expense and some restaurants may not provide separate checks, so please bring cash.

Dress accordingly for hot or cold conditions.

Grief support around the Holidays  
Thursday, December 18<sup>th</sup> @12:00pm

**SUPPORT**

Please join us and learn how to find comfort and support this holiday season.  
Brianna ORourke, MSW LCSW a grief counselor w/Hope Health

It can be difficult adjusting to new holiday traditions and rituals or being unsure how to make alternative plans this year. When you are grieving the loss of a loved one, the holiday season can be a challenging time.

This program is for those who are looking for ways to cope with grief at this time of year. It will incorporate the understanding and the complexity of grief and the effect it can have on us, particularly during the holidays.

Please sign up w/staff for this event.

Join Us for a Festive Lunch & Learn w/Dawn DiMarco and "Ugly SweaterFun!"  
Tuesday, December 23<sup>rd</sup> @11:30am

Come enjoy a delicious lunch with friends at the senior center and Dawn DiMarco, from Bristol Aging & Wellness will be hosting "Nutrition for Diabetics." Help us spread a little extra holiday cheer! Dust off your most delightfully tacky Ugly Sweater and wear it proudly. Whether it jingles, sparkles, or simply makes you smile, we can't wait to see it. Laughter, good company, and plenty of festive spirit guaranteed!

Please sign up w/staff for this event.

**LUNCH & LEARN**



# EVENTS, PRESENTATIONS, AND ACTIVITIES!!



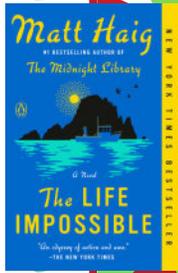
**Hearing Clinic**  
Tuesday, December 23<sup>rd</sup>  
@1:00pm



Lauren Warburton, a Board Certified Hearing Instrument Specialist with “At Home Hearing Healthcare” will be on-site to conduct  
**FREE** hearing screenings,  
**FREE** hearing aid cleanings,  
and **FREE** video ear exams on the 4th Tuesday of each month.

Register for your **FREE** appointment by calling the Senior Center.

**Monthly Book Club Meeting**  
Monday, December 29<sup>th</sup> @1:30pm



“For the Love of Books” meets on the last Monday of the month each month. Volunteers from the Senior Center will guide our group in a discussion about the book of the month.

In December we will be reading “The Life Impossible” by Matt Haig  
Please pick up a copy of this book at the Library.



**Coffee w/Sara**  
from Dyer-Lake Funeral Home  
Monday, December 29<sup>th</sup> @11:00am

We are excited to continue strengthening our partnership with Dyer-Lake Funeral Home! In addition to generously providing dessert for our monthly Birthday celebrations, Sara Collins, Director of Dyer-Lake, will join us each month for “Coffee with Sara”. This informal group gathering offers a wonderful opportunity for our participants to sit down with Sara, enjoy coffee and pastries, and ask questions. Whether you’re curious about planning ahead, need guidance on important decisions, or simply want to chat, Sara will be here to provide support and answers in a relaxed and welcoming setting.

**Let’s welcome 2026 together in style!**

2026



**New Year’s Eve Day Brunch Celebration!** 🥂  
Wednesday, December 31<sup>st</sup> @10:30am  
Ring in the New Year a little early with good friends, great food, and plenty of cheer! Join us for a New Year’s Eve Brunch at the Senior Center as we toast to new beginnings and wonderful memories. Enjoy a delicious brunch menu, festive music, and a joyful countdown!

Please sign up w/staff for this event.

# Exercise Classes -@451 Elm Street

## \$2.00 per class (please have exact change!)

### **Move & Groove**

Mon., Wed., Fri. @9:30am

Get ready to move, groove, and have fun! This upbeat, music-filled workout is designed to improve strength, flexibility, coordination and balance—all while having a great time. Set to energizing tunes, the class combines easy-to-follow movements that can be modified for all fitness levels. Whether you're standing or seated, you'll feel the rhythm and enjoy a great workout in a supportive and joyful atmosphere.

Come dance, stretch, and smile your way to better health! No experience needed—just bring your energy and enthusiasm!

EXERCISE  
TIME



### **Class Schedule:**

#### **MONDAYS:**

Move & Groove @9:30am

Tai Chi @10:45am

#### **TUESDAYS:**

Chair Yoga 9:45am

Qigong @10:35am

Fall Prevention @1:10pm

#### **WEDNESDAYS:**

Move & Groove @9:30am

#### **THURSDAYS:**

Chair Yoga @9:45am

#### **FRIDAY:**

Move & Groove @9:30am

### **Tai Chi**

Mondays @10:45am

Tai Chi class is a gentle yet powerful way to improve balance, flexibility, and overall well-being. This ancient practice combines slow, flowing movements with deep breathing and mindfulness, making it perfect for all fitness levels. Whether you're looking to reduce stress, enhance mobility, or simply try something new, Tai Chi offers numerous benefits for both body and mind.



### **Fall Prevention**

Tuesdays @1:10pm

Elliott Physical Therapy has returned to the Senior Center to offer their Balance and Fall Prevention Classes!

These classes are designed to help you improve your stability, build strength, and gain confidence in your movements.

Don't miss this opportunity to stay active, safe, and steady on your feet while having fun.

### **Qigong**

Tuesdays @10:35am

Qigong improves quality of life through slow meditative movements, standing or sitting, and offers a variety of benefits. Some of the benefits are: Reduce stress, Boosts immune system, Reduces falls and better balance and helps to balance emotions.



### **Chair Yoga**

Tues., Thurs. @9:45am

The essence of Chair Yoga lies in the profound benefits, including: Increased flexibility, promotes relaxation, reduces stress, strengthens muscles, strengthens bones and improves balance. This class is designed for all levels.

## SENIOR INFORMATION....



**Blood Pressure Screenings with Pat Johnson!!**  
Wednesdays, 10:00am - 11:30am (once a week)  
@ the Senior Center. No appointment necessary.



### Why Signing Up Matters!

We enjoy seeing you at our events, activities, and meals.

To help us serve you better, we kindly ask that you sign up ahead of time. This ensures we have enough materials, seating, and meals for everyone to enjoy. Simply stop by and sign up with a member of our staff to secure your spot!

Please note: You do not need to sign up for exercise classes, pool games, or the knitting group—just show up and join in the fun!

Thank you for helping us keep our Senior Center running smoothly. We look forward to seeing you!

We can no longer accept Durable Medical Equipment due to our lack of storage.

*Please do not leave it at the Senior Center after hours.*

Thank you for your understanding!

**SIGN UP  
NOW**

## My Active Center



**You can now register for Brunches,  
Lunches, Classes, and Events ON LINE!!**



You now have the option of registering for the congregate lunch program, classes, and events without having to phone the Senior Center.

Log onto [www.MyActiveCenter.com](http://www.MyActiveCenter.com) and browse our activities from home. You can choose the programs that you want to register for. Follow the easy steps outlined below:

If you have a "North Attleborough Senior Center" key tag, sign on to

[www.MyActiveCenter.com/signup](http://www.MyActiveCenter.com/signup) and register.

You will be asked to select your location (North Attleborough) and type in your North Attleboro Senior Center Key Tag number located on the back of your tag (X1234567), along with your telephone number and email address.

Once you have activated your account, you are able to register for a meal, activities, etc. at your leisure! Please note that you will not be able to register for special events & trips requiring payment.

If you need assistance, please stop in or call Brenda or Nancy.

## SENIOR INFORMATION...

**\* The following is the Holiday schedule for the North Attleborough Senior Center:**

**Holiday Hours:**

Wednesday, December 10<sup>th</sup> CLOSED from 11:30am - 2:30pm for the Christmas Party.

Wednesday, December 24<sup>th</sup> the Senior Center will close at NOON!

Thursday, December 25<sup>th</sup> & Friday, December 26<sup>th</sup> the Senior Center will be CLOSED.

We will be CLOSING @Noon on Wednesday, December 31<sup>st</sup>.



### Volunteers of the Month – Remle Gordon and Dena Mobbs Our dedicated SHINE Counselors

We are proud to recognize our dedicated SHINE counselors as our Volunteers of the Month. Their knowledge, compassion, and unwavering commitment play an invaluable role in guiding seniors through the often-complex world of Medicare and health insurance. With patience and care, they ensure that individuals receive clear information, personalized support, and the confidence to make informed decisions about their coverage. We are truly grateful for their service, and we extend our heartfelt thanks for the time and expertise they so generously share with our community.

*Thank you!*



# MEETINGS AND BOARD NEWS....

Friends of NACOA Board Meeting  
Tuesday, December 16th @2:00pm.  
This meeting will be held at 451 Elm St.



COA Board Members:  
Anne Lonzo - Chair  
Andrea Pariseau - Vice-Chair  
Debra Terrell - Clerk  
Sandi Burns  
Sandra Legg-Forgiel  
Anita MacDonnell  
Nancy Shevchuk

COA Board Meeting  
Tuesday, December 16<sup>th</sup> @11:00am @451 Elm St.

TRIAD will not meet in December

# NA COA FRIENDS GROUP NEWS & TRIPS..

The Friends of North Attleborough Council on Aging have designed the following trips specifically for seniors' enjoyment.

This is an opportunity to discover new places and to create memorable experiences, while making friends along the way.

A trip representative is at the Senior Center on Fridays, 10:00 AM - 11:30 AM

to accept reservations for all trips and to answer questions.

Informational sheets on each trip are available at the Senior Center.



## FUNDRAISING TRIPS 2025 Trips

12/2/2025 - Tony Bennett & Barbara Streisand Christmas @Lake Pearl \$94 PP (Drive yourself)  
12/7/25 - 12/8/25 - New York Christmas \$799 PP DBL/\$999 PP SNG

All trips must have a reservation form submitted prior to the event (except for Collette Tours trips).  
Trip fliers are on display at the Senior Center-204 Elm St. Pick up a copy!!

Please contact Sandy Mann @508-695-8603 or 774-306-1142 OR

Helen Martelli @508-699-2472 or 508-280-1254 with questions or to register for any of the above trips.



## Holiday Bow Sale Going on NOW!!

A heartfelt thank you to Rita Bourque (Brenda's Mother) for generously making the beautiful holiday bows for the NA Friends Group's Bow Sale. Your time, talent, and creativity bring so much festive cheer to our Senior Center, and we are truly grateful for your dedication and support. Bows are on sale at the Senior Center now!

Large bows: \$10.00 Small bows: \$8.00.

## Sweet Support for the Senior Center! 🍫

We're kicking off a Candy Bar Fundraiser to help stock the kitchen at our new Senior Center! Candy bars are just \$2.50 each, and every purchase helps us buy the small equipment and supplies we need to serve meals three times a week in our new location.

Treat yourself—or pick up a few extras to share—and know that you're making a difference with every bite!

✨ Stop by the Senior Center to grab your candy bars today.

Together, we can make our new kitchen ready to serve our community!

Thank you for your support!

**THANK YOU!**



# SAVE THE DATE

Traveling Fashion Show  
Tuesday, January 13<sup>th</sup> @10:00am

Bea Smith's Clothing of Rhode Island will be bringing their  
"Traveling Fashion Show" to our Senior Center!!

Ray Smith, grandson of the founder, will be displaying a complete collection of ladies clothing featuring ALFRED DUNNER at savings of up to 50% off regular retail prices.

Shopping hours will be 10am to 2pm. Credit cards and cash are welcome.  
Please sign up w/staff for this event!!

## SNOW ANGELS PROGRAM

If you are interested and available to help an elderly or disabled neighbor in need with snow removal during this winter, keep reading to learn more on how you can be a Snow Angel for the community.

The Snow Angels program is a voluntary snow removal service for seniors and people with physical disabilities living independently. The program's goal is to help bring together residents who want to keep their sidewalks clear, but are physically unable to do so, with volunteers who want to help their community.

Highlights of the Program:

1. The Snow Angels Program will work to pair you with a nearby neighbor.
2. We will be in touch when you have been matched with a neighbor in need.
3. You will be assigned to a neighbor in need who lives close by to your address.
4. We will contact you via email with confirmation details when you have been assigned a neighbor.

To become a Snow Angel, you must be at least 18 years of age and older or between the ages of 13-17 with a safe mode of transportation. We ask that Snow Angels provide their own shovels, however, if you need us to supply a shovel to you, please let us know when you register for this program.

Please contact Janis Johns at (508)-699-0131 to register for this program.

## SENIOR RESIDENTS:

If you are a senior resident of North Attleborough living independently in your own home and need help with shoveling your stairs and creating a path to the street, please consider registering for our Snow Angels program by phoning Janis at (508) 699-0131.

## LUNCH & LEARN

TRIAD Lunch & Learn  
Medication Safety with Melissa Silverman  
Tuesday, January 20<sup>th</sup> @12:00pm

## LUNCH & LEARN

Join us for an informative Lunch & Learn with Melissa Silverman, Regional Public Health Nurse, as she shares essential tips on general medication safety and management. Learn how to make informed decisions, avoid over-medication, and reduce the risk of preventable injuries or serious side effects. Bring your questions, enjoy a meal with friends, and leave feeling more confident about managing your medications!

## TRIAD

Next meeting will be Tuesday January 20 at 10:00 at 451.

# NUTRITION NEWS...



**NUTRITION**

## Sturdy Dining Services Lunches

Monday, December 1<sup>st</sup> & Monday, December 15<sup>th</sup>  
@12:00pm

Meals are available for just \$5.00 per person, and we encourage you to reserve your spot early.

Below are the menus:

December 1<sup>st</sup> - Chicken Marsala with mashed Potato and Vegetable

December 15<sup>th</sup> - Meat Lasagna.

You must make a reservation w/Nancyweek in advance.

*Thank you to everyone for their very generous donations to help stock our kitchen!*



## Wednesday Brunch

Wednesday, December 3rd @10:30am

Wednesday, December 10th

**NO BRUNCH - Christmas Party Luncheon**

Wednesday, December 24th @10:30am

Wednesday, December 31st @10:30am

**SPECIAL NEW YEARS EVE DAY BRUNCH**

**YOU MUST MAKE A RESERVATION FOR BRUNCH**

Please phone Nancy @508-699-0131 to make a reservation.

We serve Congregate Lunches on Tuesdays & Thursdays @11:30am and Brunch on Wednesdays @10:30am (Suggested Donation: \$2.25 per meal)

*You must make a reservation for these meals.*

### Lunch on Tuesdays

- Make your reservation by Thursday of the previous week.

### Brunch on Wednesdays

- Make your reservation by Friday of the previous week.

### Lunch on Thursdays

- Make your reservation by Tuesday of the same week.

**YOU MUST MAKE A RESERVATION FOR LUNCH!!**

Please phone Nancy @508-699-0131 to make a reservation.

## Lunch @11:30am & Learn @12:00pm

Tuesday, December 9th  
MCOA Nutrition  
“How Food affects sleep & energy”

Tuesday, December 16<sup>th</sup> - NARCAN Training

Tuesday, December 23rd  
Bristol Aging & Wellness Presentation  
w/Dawn DiMarco - “Nutrition for Diabetics”

\*All Menus will be posted at the Senior Center when they become available.\*

**Kitchen Needs: paper towels, aluminum foil, spices, Keurig coffee pods, Truvia, Sugar Free drink mixes**



# December



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1.

Mahjong-Beginners 9:00am  
Move & Groove 9:30am  
Tai Chi 10:45am  
Sturdy Lunch 12:00pm

2.

JabberWalkers 9:00am  
Chair Yoga w/Lesley 9:45am  
Qigong 10:35am  
Lunch & Learn 11:30am  
Mahjong 12:00pm  
BC/BS Presentation 1:00pm  
Falls Prevention 1:10pm  
Ukulele 1:30pm

3.

Move & Groove 9:30am  
Knitting/Crochet 9:30am  
Blood Pressure 10:00am  
Chair Volleyball 10:30am  
BRUNCH 10:30am  
Dollar Tree BINGO 1:00pm  
JabberWalkers 3:00pm

4.

JabberWalkers 9:00am  
Chair Yoga 9:45am  
Pool Game 10:00am  
Lunch w/Friends 11:30am  
Holiday Watercolor Card  
Craft w/Sharon 11:30am  
BINGO 12:30pm  
LCR Game 1:00pm  
Reiki 1:00pm  
CHRISTMAS COOKIE DAY!!! 1:00pm

5.

Podiatrist 8:00am  
Move & Groove 9:30am  
Trips Info 10:00am

8.

Mahjong-Beginners 9:00am  
Move & Groove 9:30am  
Tai Chi 10:45am  
Emergency Folder  
Presentation 12:00pm

9.

JabberWalkers 9:00am  
Chair Yoga w/Lesley 9:45am  
Qigong 10:35am  
Lunch & Learn 11:30am  
MCOA Nutrition  
Presentation 12:00pm  
Mahjong 12:00pm  
Falls Prevention 1:10pm  
Ukulele 1:30pm  
Kevin the Game Show Guy 1:30pm

10.

Move & Groove 9:30am  
Knitting/Crochet 9:30am  
Blood Pressure 10:00am  
Chair Volleyball 10:30am  
NO BRUNCH  
Christmas Luncheon 12:00pm  
(Held @ Elks Club Lodge  
Center will be CLOSED from  
11:30am - 2:30pm  
JabberWalkers 3:00pm

11.

JabberWalkers 9:00am  
Chair Yoga 9:45am  
Pool Game 10:00am  
Lunch w/Friends 11:30am  
BINGO 12:30pm  
Salem Cross Inn Trip 3:00pm

12.

Move & Groove 9:30am  
Trips Info 10:00am

15.

Mahjong-Beginners 9:00am  
Move & Groove 9:30am  
Tai Chi 10:45am  
Sturdy Lunch 12:00pm  
Holiday Movie 1:00pm  
Craft w/Laurie 1:00pm

16.

JabberWalkers 9:00am  
Chair Yoga w/Lesley 9:45am  
Qigong 10:35am  
COA Meeting (451) 11:00am  
Lunch & Learn 11:30am  
NARCAN Training 12:00pm  
Mahjong 12:00pm  
Falls Prevention 1:10pm  
Ukulele 1:30pm  
Friends Group Meeting (451) 2:00pm

17.

Move & Groove 9:30am  
Knitting/Crochet 9:30am  
Blood Pressure 10:00am  
Chair Volleyball 10:30am  
BRUNCH 10:30am  
Trivia w/Larry 1:00pm  
JabberWalkers 3:00pm

18.

JabberWalkers 9:00am  
Chair Yoga 9:45am  
Pool Game 10:00am  
Mystery Lunch 11:00am  
Lunch w/Friends 11:30am  
Grief over the Holidays  
12:00pm  
BINGO 12:30pm

19.

Move & Groove 9:30am  
Trips Info 10:00am

22.

Mahjong-Beginners 9:00am  
Move & Groove 9:30am  
Tai Chi 10:45am

23.

JabberWalkers 9:00am  
Chair Yoga w/Lesley 9:45am  
Qigong 10:35am  
Lunch & Learn  
w/Dawn DiMarco 11:30am  
Mahjong 12:00pm  
Hearing Clinic 1:00pm  
Falls Prevention 1:10pm  
Ukulele 1:30pm  
UGLY SWEATER DAY!!!!

24.

Move & Groove 9:30am  
Knitting/Crochet 9:30am  
Blood Pressure 10:00am  
Chair Volleyball 10:30am  
BRUNCH 10:30am

Senior Center will  
CLOSE at Noon!!

25.



26.



29.

Mahjong-Beginners 9:00am  
Move & Groove 9:30am  
Tai Chi 10:45am  
Coffee w/Sara from  
Dyer-Lake 11:00am  
Book Club 1:30pm

30.

JabberWalkers 9:00am  
Chair Yoga w/Lesley 9:45am  
Qigong 10:35am  
Lunch w/Friends 11:30am  
Mahjong 12:00pm  
Falls Prevention 1:10pm  
Ukulele 1:30pm

31.

Move & Groove 9:30am  
Knitting/Crochet 9:30am  
Blood Pressure 10:00am  
Chair Volleyball 10:30am  
New Years Eve BRUNCH  
10:30am

Senior Center will  
CLOSE @NOON

# 2026