



# JANUARY



## NORTH ATTLEBOROUGH SENIOR CENTER NEWS 2026!!

### What's inside.....?

**Tuesday, January 6<sup>th</sup>  
Tax Workoff Meeting - 2:00pm**



**Pop-up "Country Line Dancing Class" Beginning Wednesday, January 7<sup>th</sup> @1:30pm**



**NEW Drum's ALIVE Class  
Beginning Monday, January 12<sup>th</sup>  
@1:00pm**



**Bea Smith's Traveling Fashion Store  
Tuesday, January 13<sup>th</sup>**



**Musical BINGO w/DJ Chris Joazard  
Wednesday, January 21<sup>st</sup> @11:30am**



### Welcome to January 2026!

A brand-new year is here, and with it comes a fresh start, new opportunities, and plenty to look forward to at the Senior Center. As we step into 2026 together, we're excited to bring you a month filled with engaging programs, wintertime gatherings, and activities designed to keep you connected, active, and inspired. Whether you're joining us for social events, educational programs, or simply to enjoy good company on a chilly day, we're delighted to share this season of renewal with you. Here's to a year of health, happiness, and community!

### 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  
ktesta@nattleboro.com  
Lisa Burgess, Outreach Coordinator/SHINE  
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Janis Johns, Administrative Assistant  
jjohns@nattleboro.com  
Brenda Takessian, Activities Coordinator  
Nutrition Supervisor  
btakessian@nattleboro.com  
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SHINE Email: Shine@nattleboro.com**

*Contact Us*



# JANUARY

## A note from the Director...



Dear Friends,

Happy New Year!

As we welcome January, I would like to wish our members and friends a healthy, happy, and fulfilling year ahead. The start of a new year is always a wonderful time to reflect, set new goals, and embrace fresh opportunities—and there is plenty to look forward to at the Senior Center.

We are excited to kick off the new year by introducing two new classes to our lineup. Drum's Alive is a fun, high-energy program that combines movement, rhythm, and music to improve coordination, balance, and overall wellness. We are also thrilled to offer Country Line Dancing, a great way to stay active, enjoy music, and socialize—no partner required and all experience levels are welcome.

I would also like to remind North Attleborough residents about the Senior Tax Work-Off Program meeting scheduled for January 6th at the Senior Center. Both new and previous participants are required to attend this meeting. Important information regarding program guidelines, expectations, and participation for the year will be reviewed, so your attendance is essential. A member of the Tax Assessor's staff will be at this meeting to answer questions on senior tax exemptions as well.

Be sure to stop by the Senior Center on January 13th, when Bea Smith's Traveling Fashion Store will be on site. They will be offering brand-new clothing at discounted prices, making it a perfect opportunity to treat yourself and spend some of that Christmas money.

January will continue to bring engaging programs, supportive services, and opportunities to connect with friends old and new. As always, our staff and volunteers remain committed to providing a welcoming environment where everyone feels included and supported.

Thank you for being such an important part of our Senior Center community. We look forward to sharing another wonderful year with you.

Warm regards,  
Karen A. Testa, Director





# JANUARY



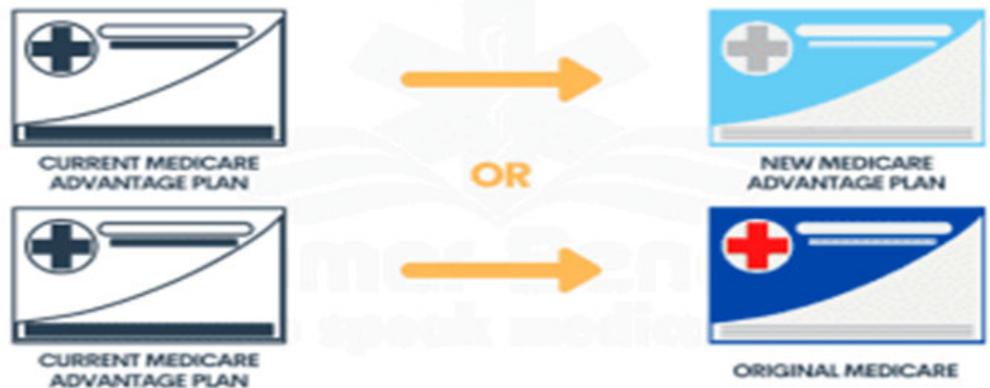
## OUTREACH COORDINATORS CORNER.....

### Medicare Advantage Open Enrollment Period (Only if you're already in a Medicare Advantage Plan)



### MEDICARE ADVANTAGE OPEN ENROLLMENT PERIOD

January 1st - March 31st



Your one-time change options in the Medicare Open Enrollment Period from January 1st to March 31st

The Medicare Advantage Open Enrollment Period, from January 1 through March 31, is for individuals currently enrolled in a Medicare Advantage plan.

During this period:

**YOU CAN** enroll in a different Medicare Advantage Plan (with or without drug coverage).

**YOU CAN** drop your Medicare Advantage plan and return to Original Medicare, adding a separate Part D Medicare drug plan and/or a Medicare Supplement plan, if you wish.

**YOU CANNOT** switch from Original Medicare to a Medicare Advantage plan.

**YOU CANNOT** join or switch a Medicare Part D drug plan if you only have Original Medicare.

You can only make one change during the Medicare Advantage OEP and any change will go into effect on the first day of the month following the month you make a change.

Open Enrollment Period (OEP)

Jan 1 - Mar 31

If you're already enrolled in Medicare Advantage, you can switch to a different Advantage plan during OEP or drop your plan and return to original Medicare.

Apply now for energy assistance. The sooner, the warmer.



### Household Size Annual Income

|   |          |
|---|----------|
| 1 | \$51,777 |
| 2 | \$67,709 |
| 3 | \$83,641 |
| 4 | \$99,573 |





# JANUARY 2026

## OUTREACH COORDINATORS CORNER.....

### Protect yourself from medical identity theft.

Be careful about who you give your personal information to.

Protect these numbers:

- ☎ Medicare
- ☎ Social Security
- ☎ credit card
- ☎ driver's license



## Home Winter Safety for Older Adults



1

Update your winter gear: gloves, winter coats, scarves, hats, undergarments, etc.

Consider setting up phone and online services with your healthcare providers if you can't see them in person.

3

5

Only shovel if you have the physical capacity to do so.

7

Install weather stripping (or have it installed for you) to minimize drafts, which causes your heat to run more often.

Have an emergency plan if you experience power outages in your home.

8

If you use one, ensure your space heater is far from flammable fabrics and has an auto shut-off feature.

10



2

Set up a hefty food and medicine storage and other emergency supplies if you get stranded in a storm and can't get to a store.

Keep salt handy at home to keep ice off your porch and sidewalk.

4

Have a licensed professional check and update your heating system before the colder temperatures set in.

6

If your home uses gas heat or other gas fuel appliances, make sure you have a working carbon monoxide detector

9

11

Seek medical attention immediately if you feel cold and cannot warm yourself up by traditional methods.



### Money Management

The Money Management Program is a free service for low-income elders, age 60 years or older, who need assistance in managing their checkbook or their money for basic living expenses.

A trained volunteer can help set up a household budget, sort bills, write checks, balance the checkbook, reconcile bank statements, and keep track of income and expenses. Older individuals maintain full control over their checkbook.

The Money Management program is operated locally through Coastline Elderly Services, Inc. For more information contact the Money Management Program Manager, at (508)-742-9113.

### Assurance Wireless

If you participate in a qualifying program (i.e. Mass Health, SNAP) or have limited income, you may qualify for free or discounted cell phone service. You can call 1-888-321-5880, apply on line at [www.assurancewireless.com](http://www.assurancewireless.com) or call Lisa, our outreach worker for assistance.





# December Highlights.....

## Christmas Cookie Day!!



## Emergency Folder Presentation w/Attorney Amy Azza



## Annual Christmas Luncheon



**110 Participants!!**

### A Heartfelt Thank You

We would like to extend our sincere thanks to everyone who helped make our Annual Christmas Luncheon such a wonderful success.

Thank you to the North Attleborough/Plainville Rotary Club members and the employees of the Hockomock YMCA for generously serving as our guest servers and bringing so much warmth and cheer to the day. We are also grateful to our local businesses for their generous donation of beautiful poinsettia centerpieces, which added a festive touch to the celebration.

A special thank you to our dedicated volunteers for their invaluable assistance with set-up and clean-up, and to our staff for their hard work and presence throughout the event.

Your collective generosity, teamwork, and community spirit truly made this luncheon a memorable and joyful occasion for all.

*Thank you*





# JANUARY



## EVENTS, PRESENTATIONS, AND ACTIVITIES!!

### BINGO

**Sturdy lunch & learn with Family Pride  
Monday, January 5<sup>th</sup>**

**Lunch @12:00pm - \$5.00 per person  
Presentation @12:30pm**

**RAFFLE**

**PRIZES**

Join Heather Bren, Community Relations Director for a presentation, BINGO, Raffles and Prizes!

Family Pride is a privately owned family run home care agency right in North Attleboro! We customize each care plan to meet the needs of each individual and their family from 2 hours to around the clock care!

Please sign up w/staff for this presentation!

**Dollar Tree BINGO - Sponsored by  
Chapel Hill Assisted Living  
Wednesday, January 7<sup>th</sup> @1:00pm**

Amy Grover will lead this BINGO and provide prizes too.

**BINGO!**

Everyone welcome. FREE program!!

Amy will be here on the 1st Wednesday of each month.

**“FREE” - Reiki Meditation Class  
w/Sharon O’Brien**

**Thursday, January 8<sup>th</sup> @1:00pm**

**This class will be held @204 Elm Street**

Reiki (pronounced RAY-kee) is a gentle, hands-on (or hands-near) healing practice that promotes relaxation and well-being. It originated in Japan and is based on the idea that energy flows through all living things. When this energy is balanced, we feel better physically, emotionally, and mentally.

During a Reiki session, a trained practitioner places their hands lightly on or just above different areas of the body to help encourage the natural flow of energy.

Many people find Reiki soothing, and it can help reduce stress, ease tension, and promote a sense of peace. Some seniors say it helps with sleep, pain relief, and overall relaxation.

Please sign up w/staff for this class.

**Senior Tax Workoff Program meeting  
Tuesday, January 6<sup>th</sup> @2:00pm**

This meeting will be held at 204 Elm Street for NEW & RETURNING applicants!

\*Please bring a Passport  
or

2 other forms of ID

(a driver’s license and a SS card or a Birth Certificate)  
and your most current tax bill.

**New “Country Line Dancing” w/Felicia Doyle  
Pop-up 4 week Series**

**Instructor: Felicia Doyle**

**Beginning Wednesday, January 7<sup>th</sup> @1:30pm  
\$2.00 per class**

Join Felicia Coyle, who brings over 30 years of line dance teaching experience throughout Massachusetts and Rhode Island.

Whether you’ve always wanted to learn to line dance or already have some dance experience, this class offers a fun, welcoming way to stay active, enjoy music, and exercise with friends. No partner required—just bring your energy and enthusiasm!

You must sign up with staff for this class!!

**Lunch w/friends**

**Elvis’s Bday - Listen to some Elvis music  
while enjoying lunch with friends.**

**Thursday, January 8<sup>th</sup> @11:30am  
(suggested donation \$2.25)**

Menu we will be posted when it becomes available. Elvis’s favorite dessert will be served too!!

Please sign up with staff.





# JANUARY



## EVENTS, PRESENTATIONS, AND ACTIVITIES!!

**NEW "Drums Alive" w/Debra Fornasaro**  
Beginning on Monday, January 12<sup>th</sup>  
@1:00pm (451 Elm St.)

Join Debra for a dynamic cardio workout that blends drumming, dance, and rhythm-based movement. Using exercise balls and drumsticks, participants enjoy an energetic, stress-relieving class that builds strength, coordination and joy. All levels are welcome!

**Bea Smith's "Traveling Fashion Store"**  
Tuesday, January 13<sup>th</sup> 10:00am - 2:00pm

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 & More at savings of up to 50% off regular retail prices. Shopping hours will be 10am to 2pm. Credit cards and cash are accepted.

Please sign up w/staff for this event!!

*fashion*

**Lunch & Learn**  
MCOA Nutrition Series  
"Eating to Prevent or Manage Diabetes"  
Tuesday, January 13<sup>th</sup>  
Lunch @11:30am  
Presentation @12:00pm

Mark your calendars to continue our monthly series, The Power of Nutrition: Enhancing Wellness as You Age. Presented by Tara Hammes, RD and Healthy Aging Manager for the Massachusetts Councils on Aging, we'll focus on six new topics to improve your health span. Eating to Prevent or Manage Diabetes, will review blood sugar basics and how to build a better plate. Please sign up w/staff for this presentation.

**TRIVIA**

**Trivia w/Larry**

Wednesday, January 14<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!!!**



**Lunch & Learn w/The Carroll Center for the Blind & Hot Cocoa Bar**  
Thursday, January 15<sup>th</sup> @11:30am

*Lunch & Learn*

Join Isabel Rosario from the Carroll Center for the Blind for a welcoming and informative Lunch & Learn focused on adapting to changes in vision. Learn helpful tips, explore everyday tools, and discover local resources that support independence and help you continue doing the things you love.

Enjoy a meal, gain valuable information, and connect with others in a supportive setting.

THEN....Enjoy a comforting Hot Cocoa Bar with all your favorite toppings. It's the perfect opportunity to relax, connect, and warm up with good company and sweet treats. Please sign up w/staff for this presentation.



# JANUARY



## EVENTS, PRESENTATIONS, AND ACTIVITIES!!

### TRIAD Lunch & Learn

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

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!



Musical Bingo w/DJ Chris Joazard  
Wednesday, January 21<sup>st</sup> @11:30am

Get ready for a fun twist on a classic game! Join us for Musical Bingo with Chris Joazard, where familiar tunes replace traditional bingo numbers. Sing along, tap your feet, and enjoy a lively, interactive afternoon filled with great music, laughter, and friendly competition. No musical experience needed—just come ready to have fun!



Please sign up w/staff for this event.

### Mystery Lunch

Thursday, January 22<sup>nd</sup> @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!

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.



Monthly Book Club Meeting  
Monday, January 26<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 January we will be reading

"The Great Alone" by Kristin Hannah

Please pick up a copy of this book at the Library.

### Monthly Birthday Luncheon Celebration

Monday, January 26<sup>th</sup> @12:00

Sturdy Lunch - \$5.00 per person

#### Menu:

Chicken Fajitas, with seasoned grilled chicken, peppers & onions, tortillas, spanish rice, sour cream, salsa and vegetable.

Celebrate with us at our monthly Birthday Luncheon as we honor everyone with January birthdays. Enjoy good food, great company, and a joyful celebration as we help make your special month even sweeter.

Entertainment provided by Alexandria Bianco  
Please sign up w/staff for this event.



EXCITING NEWS

We're excited to announce that our Book Club has been selected as a 2026 Reading Challenge Partner! We're delighted to be part of this statewide adult program through the Massachusetts Center for the Book and hope it will inspire new connections, meaningful conversations, and a shared love of reading among our members and the broader community. We look forward to reading along with you in 2026!



# JANUARY



## EVENTS, PRESENTATIONS, AND ACTIVITIES!!



**Coffee w/Sara  
from Dyer-Lake Funeral Home  
Monday, January 26th @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.

**Hearing Clinic  
Tuesday, January 27th @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.

**Brunch & Movie - "Julie & Julia"  
Wednesday, January 28th - 10:30am**

Let's celebrate National Popcorn Day with a movie!

After enjoying brunch together, sit back, relax, and enjoy the feel-good film Julie & Julia, starring Meryl Streep and Amy Adams. Grab some popcorn and spend the afternoon laughing, reminiscing, and enjoying great company.

We hope you'll join us for this deliciously fun day!



Please sign up w/staff for this event.



**LUNCH & LEARN**



**"Indoor Winter Picnic"**

**Lunch & Learn w/Dawn DiMarco  
Tuesday, January 27th @11:30am**



Kick off the New Year with helpful tips and practical advice on healthy eating and nutrition. Dawn will share simple ways to support your health and wellness in the year ahead.

Menu: Grilled Cheese & Tomato Soup  
(suggested donation - \$2.25)  
Please sign up w/staff for this luncheon.

**MEETING**

Next TRIAD meeting will be held on  
January 20th at 10 AM.

**JOIN US**

TRIAD is a cooperative agreement between the local law enforcement, older persons in the community, and the District Attorney's Office, to promote safety in older adults.



# JANUARY



## SENIOR INFORMATION...

Martin Luther King, Jr. Day  
Monday, January 19th - CLOSED

# CLOSED

### JabberWalkers schedule:

Tuesday 9:00 AM same schedule-Riverwalk, Mt Hope, AHS loop, NAHS west- meet Debi there

Wednesday 3:00 PM-same schedule-Mt Hope, Wendy Pond, Westwood Estates, Riverwalk meet Lynne there

Thursday 9:00 Am Meet Michelle at the NA Senior Ctr sign in and we will decide where to walk from there



### Winter Weather Reminder:

As we enter the winter months, please be reminded that all Council on Aging (COA) weather-related closures and delays will be posted on the Town of North Attleborough's website, [www.nattleboro.com](http://www.nattleboro.com)

We encourage you to check the website regularly during inclement weather for the most up-to-date information.

Stay safe and warm this winter!

*"January brings fresh hopes and cozy moments."*



### 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.



# JANUARY



## SENIOR INFORMATION...

**THANK YOU!**



### Dyer-Lake Grief & Bereavement Support Group

Dyer-Lake Funeral Home offers a compassionate Group Grief and Bereavement Support program for individuals who are coping with the loss of a loved one. These supportive gatherings provide a safe and understanding space to share, listen, and learn alongside others experiencing similar loss.

Meetings are held once a month on Mondays from 5:00 PM – 6:00 PM at Dyer-Lake Funeral Home and are facilitated by Rev. Kelly Thibeault, Grief Educator. All are welcome. If you or someone you know may benefit from grief support, please consider attending.



### 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!



**CONGRATS!**



## January's Volunteer of the Month Laurie Beauvais



We are proud to recognize Laurie as our January Volunteer Appreciation recipient! Laurie has been a dedicated Meals on Wheels volunteer since May 2024, beginning as a meal delivery driver and quickly going above and beyond. She now comes in early once a week before her route to help organize meals as they arrive at the center each morning. In addition, Laurie has generously volunteered her time to teach craft classes for our members. Over the past year and a half, she has become an active and valued part of our senior center community, bringing incredible energy, kindness, and plenty of laughter.

Thank you, Laurie, for all that you do—we truly appreciate you!



# JANUARY



## SENIOR INFORMATION...

### *Thank You, Elk's Club Lodge*

We would like to extend our heartfelt thanks to the Elk's Club Lodge for their generous donation of Thanksgiving pies for our MOW participants, and for graciously providing the room and facility for our Annual Christmas Party. Your kindness and continued support helped make both celebrations truly special for our seniors. We are deeply grateful for your generosity and community spirit.



*Thank you*

### *Thank You to Our Poinsettia Sponsors*

We extend our sincere appreciation to our generous sponsors for donating the beautiful poinsettias that helped make our Christmas Luncheon Celebration so festive and special. Your kindness and support added warmth, color, and holiday cheer to our celebration, and it was truly enjoyed by all who attended. Thank you for helping us create a joyful and memorable event for our seniors.



Achin's Garage  
Attleboro Falls Family Dentistry  
Colonial Tire & Service Center  
Dyer-Lake Funeral Home  
Powers Energy Corporation  
W.H. Riley & Sons



Diamond Development Company, Inc.

FEBRUARY

## SAVE THE DATE

National "Wear Red Day" Friday, February 6th

Dr Seigel, Podiatrist - Friday February 6th

Amy Azza presentation "Estate Planning Seminar"-  
Monday, February 9th

"One-on-One Technology Support"  
Wednesday, February 11th

Valentines party/Feb. Birthday Luncheon -  
Thursday, February 12th

CLOSED - Presidents Day - Monday, February 16th

Lunch w/Friends - Mardi Gras Celebration -  
Tuesday, February 17th

Fashion & the First Lady - Thursday, February 19th

TRIAD sponsored Disco Party w/DJ Chris Joazard -  
Wednesday, February 25th

### 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!



# JANUARY



## My Active Center

Would you like to be able to sign up for your Council on Aging lunches or classes without having to call the office?

You can now 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 from the comfort of home.

If you have a "North Attleborough Senior Center" key tag, you can go to

[www.MyActiveCenter.com/signup\\_and\\_register](http://www.MyActiveCenter.com/signup_and_register) (if you do not have a key tag, just come in or call)

From there you'll 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 sign up for lunches and activities at any time of day!!! 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.

## COA Advisory Board



COA Advisory Board meets on the 3<sup>rd</sup> Tuesday of the month @11:00am (451 Elm St.)

Anne Lonzo - Chair  
Andrea Pariseau - Vice Chair  
Debra Terrell - Clerk



Sandi Burns  
Sandra Legg-Forgiel  
Anita MacDonnell  
Nancy Shevchuk



## Friends of the North Attleborough Seniors

The Friends of NACOA Board meets on the 3<sup>rd</sup> Thursday of the month @10:30am (451 Elm St.)

### NEW DATE & TIME!

Friends of NACOA Meeting Schedule & Annual Meeting Notice

The Friends of NACOA will hold their regular meetings on the third Thursday of each month at 10:30 AM at the Senior Center, 451 Elm Street.

Please note that the Annual Meeting will take place on Thursday, January 15th at 10:30 AM, also at 451 Elm Street. At this meeting, officers will be elected for the following positions: President, Vice President, Treasurer, and Secretary. The term of office for all elected positions is one (1) year from the date of election.

Nominations for these officers will be taken from the floor at this meeting.

All members are encouraged to attend and participate.



### North Attleborough COA Mission Statement:

Be a community resource by advocating for and enriching the lives of our seniors by providing services and activities that improve physical and emotional health through recreation, nutrition, education, social interaction & volunteerism.



# Exercise Classes -@451 Elm Street \$2.00 per class (please have exact change!)

## Class Schedule:

### 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!



### Tai Chi

Mondays @10:45am

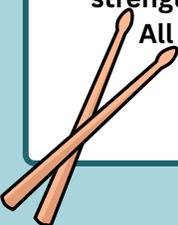
Tai Chi class is a gentle yet powerful way to improve balance, flexibility, and overall well-being. This ancient practice combines slow, flowing movements with deep breathing and mindfulness, making it perfect for all fitness levels. Whether you're looking to reduce stress, enhance mobility, or simply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

### Drum's Alive

Mondays @1:00pm

A dynamic cardio workout that blends drumming, dance, and rhythm-based movement. Using exercise balls and drumsticks, participants enjoy an energetic, stress-relieving class that builds strength, coordination and joy.

All levels are welcome!



**NEW**

#### MONDAYS:

Move & Groove @9:30am  
Tai Chi @10:45am  
Drum's Alive @1:00pm

#### 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

### 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.



### 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.

# JANUARY

*"New year, new beginnings, and new reasons to smile."*

# EXERCISE

### 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.





# JANUARY



## NUTRITION NEWS....



**Sturdy Memorial Hospital Catering**  
**Monday, January 5<sup>th</sup> @12:00pm**  
**&**  
**Monday, January 26<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:

January 5<sup>th</sup> - Turkey, stuffing, mashed potato, and vegetable.

January 26<sup>th</sup> - Chicken Fajitas, with seasoned grilled chicken, peppers & onions, tortillas, spanish rice, sour cream, salsa and vegetable.



**You must make a reservation w/Nancy a week in advance.**



**BRISTOL**  
**AGING & WELLNESS**  
One Source. Many Services.

### Lunch & Learn

Tuesday, January 13<sup>th</sup>  
MCOA Nutrition

“Eating to prevent or manage Diabetes”

Thursday, January 15<sup>th</sup>  
“Carroll Center for the Blind”

Tuesday, January 20<sup>th</sup> - TRIAD Presents  
“Medication Safety w/ Melissa Silverman”

Tuesday, January 27<sup>th</sup>  
Bristol Aging & Wellness Presentation  
w/Dawn DiMarco

“Nutrition tips for a healthy New Year”

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



### Wednesday Brunch

**Wednesday, January 7<sup>th</sup>@10:30am**

Chicken & Waffles w/maple syrup, breakfast sausage, home fries, fruit loaf and pineapple.

**Wednesday, January 14<sup>th</sup> @10:30am**

Broccoli & Cheese omelet, bacon, hashbrowns, fruit loaf and apple slices.

**Wednesday, January 21<sup>st</sup> @10:30am**

Cinnamon french toast sticks w/maple syrup, bacon strips, home fries, fruit loaf and mixed fruit.

**Wednesday, January 28<sup>th</sup> @10:30am**

Pancakes w/maple syrup, breakfast sausage, hashbrowns, fruit loaf and peaches.

*Brunch*

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

**Lunch on Tuesdays**

- Make your reservation by Thursday 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.**

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

January Kitchen needs:  
Instant pudding mix, Decaf Kcups,

**THANK YOU!**



# JANUARY

# 2026

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**HAPPY  
2026  
NEW YEAR**



1.

**SORRY WE'RE  
CLOSED**

*New Year's Day*

2.

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

5.

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

6.

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  
Senior Tax Workoff Meeting  
2:00pm (204 Elm st.)

7.

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

8.

JabberWalkers 9:00am  
Chair Yoga 9:45am  
Pool Game 10:00am  
Lunch w/Friends 11:30am  
BINGO 12:30pm  
Reiki Meditation 1:00pm

9.

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

12.

Mahjong-Beginners 9:00am  
Move & Groove 9:30am  
Tai Chi 10:45am  
Drum's Alive Exercise 1:00pm

13.

JabberWalkers 9:00am  
Chair Yoga w/Lesley 9:45am  
Traveling Fashion Store 10:00am  
Qigong 10:35am  
Lunch & Learn w/MCOA  
Nutrition 11:30am  
Mahjong 12:00pm  
Falls Prevention 1:10pm  
Ukulele 1:30pm

14.

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

15.

JabberWalkers 9:00am  
Chair Yoga 9:45am  
Pool Game 10:00am  
Friends Group Meeting  
10:30am  
Lunch & Learn w/Carroll Center  
for the Blind 11:30am  
BINGO 12:30pm

16.

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

19.

**SORRY WE'RE  
CLOSED**

*Martin Luther King, Jr. Day*

20.

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

21.

Move & Groove 9:30am  
Knitting/Crochet 9:30am  
Blood Pressure 10:00am  
Chair Volleyball 10:30am  
BRUNCH 10:30am  
Musical BINGO 11:30am  
Line Dancing 1:30pm  
JabberWalkers 3:00pm

22.

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

23.

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

26.

Mahjong-Beginners 9:00am  
Move & Groove 9:30am  
Tai Chi 10:45am  
Coffee w/Sara from  
Dyer-Lake 11:00am  
Monthly Birthday Celebration  
Sturdy Lunch 12:00pm  
Drum's Alive Exercise 1:00pm  
Book Club 1:30pm

27.

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

28.

Move & Groove 9:30am  
Knitting/Crochet 9:30am  
Blood Pressure 10:00am  
Chair Volleyball 10:30am  
BRUNCH & Movie 10:30am  
Line Dancing 1:30pm  
JabberWalkers 3:00pm

29.

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

30.

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