



North Attleborough Senior Center

FEBRUARY

February may be the shortest month of the year, but it's full of heart! As winter settles in, our Senior Center continues to be a place to stay warm with laughter, friendship, and plenty of great activities. This month is all about connection, kindness, and enjoying time together—so grab a friend, step inside, and see what February has in store for you!

What's inside....??

- ♥ Dr. Seigel's Podiatry Appointments
Friday, February 6th @8:00am
- ♥ "Wear RED Day" Support Heart Health Awareness Month - Friday, February 6th
- ♥ Attorney Amy Azza "Estate Planning Seminar" Monday, February 9th
@12:00pm
- ♥ MCOA Nutrition Series - "Food Myths"
Tuesday, February 10th @11:30am
- ♥ Senior Tech Support
Wednesday, February 11th @2:15pm
- ♥ Annual Valentine's Day/Monthly Birthday Luncheon Thursday, February 12th
@12:00pm
- ♥ Mardi Gras Celebration
Tuesday, February 17th @11:30am
- ♥ NACOA Meeting (451)
Tuesday, February 17th @11:00am
- ♥ Friends of NACOA - Thursday,
February 19th @10:30am
**FRIENDS GROUP FUNDRAISING EVENT
PASTA DINNER @THE ELKS 4:00PM - 8:00PM**
- ♥ Lunch & Learn "Fashion & The First Lady"
Thursday, February 19th @12:30pm
- ♥ Lunch & Learn "Shifting Gears"
Monday, February 23rd @12:30pm
- ♥ DISCO PARTY w/DJ Chris Joazard
Wednesday, February 25th (451) @1:30pm

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



Contact Us:

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FEBRUARY



A note from the Director...

Dear Friends,

While winter weather is in full swing outside, there's plenty of warmth and excitement inside the Senior Center. February is shaping up to be an exciting and festive month at the Senior Center, and I am delighted to share some wonderful updates with you.

We are thrilled to announce that we will once again be offering AARP Tax-Aide services at the Senior Center. Beginning February 2nd, you may call the Senior Center to schedule an appointment with a certified tax preparer. Please be sure to see the information inside this newsletter for full program details.

In addition to this valuable service, we have many fun celebrations planned throughout the month. Please join us for our Annual Valentine's Luncheon, complete with entertainment by Matt Brodeau—a favorite event you won't want to miss. We are also celebrating Mardi Gras (Fat Tuesday), so wear your beads and join in the fun! To get ready, you can create a personalized Mardi Gras mask at a special craft session on February 9th.

We will also be reliving the disco era with a lively Disco Party, generously sponsored by TRIAD. Feel free to dress in your favorite 1970s outfit and dance the afternoon away—or simply come enjoy the music, refreshments, and atmosphere.

Lastly, I encourage you to consider supporting the Friends Group's Pasta Dinner on February 19th (details inside). The Friends Group's fundraising efforts directly support the Senior Center by helping us offer special programs and activities, as well as purchasing much-needed items for our new home at 451. Why not purchase a ticket to this fundraiser as a Valentine's gift for your sweetheart, family, or friends?

I look forward to seeing you at the Senior Center soon—it's a great place to stay warm, connected, and active during the day!

*Warm regards,
Karen A. Testa, Director*





Outreach Coordinators Corner.....



SHINE Program

We know that Medicare and healthcare can be confusing, that's why we're here to help! The SHINE Program provides free, unbiased health insurance information, counseling, and assistance to people who are eligible to Medicare and their caregivers.

Certified, trained SHINE counselors, who are often volunteers, work with participants to help explore Medicare plan options and uncover ways to save money on both health insurance and prescription drug costs.

There are SHINE counselors available at the North Attleboro Senior Center. Please call 508-699-0131 to speak to one of our SHINE Counselors.

Circuit Breaker Overview

As a senior citizen (65 or older by December 31 of the tax year), you may be eligible to claim a refundable credit on your Massachusetts personal income tax return. The Circuit Breaker tax credit is based on the actual real estate taxes or rent paid on the Massachusetts residential property you own or rent and occupy as your principal residence.

The maximum credit amount for tax year 2025 is \$2,820. If the credit you're owed exceeds the amount of the total tax payable for the year, you'll be refunded the additional amount of the credit without interest.

Please consult with your tax preparer for more information and eligibility.



If you are having trouble paying your electricity bill, please call North Attleborough Electric Department and speak with a Customer Collections Representative who can help you establish a payment plan or determine your eligibility for public and private sources of assistance.

North Attleborough Electric Department participates in the Good Neighbor Energy Fund. This emergency assistance fund is administered by the Salvation Army and is available to any Massachusetts resident who, because of financial difficulty, cannot meet household energy expenses and who is not eligible for state or federal energy assistance. To determine eligibility, please call North Attleborough Electric Department and speak with a Customer Service Representative or visit the Operations Center at 275 Landry Avenue, North Attleborough. Business Hours: Monday through Friday, 8:00 a.m. to 4:00 p.m.

****Please visit the North Attleboro Electric company website for information on Solar, appliance rebate applications, no cost energy efficiency audits, financial hardship forms, medical emergency list forms and other important resident information.**





February

Report Scams and Fraud

If you notice suspicious activity in your neighborhood, or suspect someone is trying to commit fraud, report it immediately to your local police department.

To check the history of a business or to file a complaint about a scam, contact the Massachusetts Attorney General's Office (AGO) Consumer Hotline, 1-617-727-8400. You may also file consumer complaints through their Consumer Complaint form. The AGO's Elder Hotline (1-888-243-5337) can assist citizens over the age of 60.

To file a complaint or ask questions, call the Massachusetts Office of Consumer Affairs & Business Regulation Consumer Hotline at 1-888-283-3757

To report contractors, inspectors, insurance representatives, or survivors who may have defrauded the government after a disaster, call the FEMA Disaster Fraud Hotline toll-free at 1-866-720-5721



AARP Tax-Aide Coming to the Senior Center!

We are thrilled to announce that the North Attleboro Senior Center will be offering AARP Tax-Aide services this spring! This free tax preparation service will be available March 3 through April 14.

Appointments are required. To schedule an appointment, please call the Senior Center directly. Walk-ins cannot be accommodated.

We are pleased to partner with AARP to bring this valuable service to our community and encourage eligible seniors to call early, as appointments are limited.



Tax 
Season



Thank you to Sandy Mann, President and Helen Martell, Treasurer of the Friends Group for their many years of dedicated volunteer service to the Friends Group and to the Senior Center. We are extremely grateful for your leadership, compassion, and invaluable contributions to the Friends group.

Under your direction, this group has raised thousands of dollars to assist the Senior Center with their needs!

Thank you

Thank you



Friends of the North Attleboro COA

February

**Fundraising
EVENT**

**Friends of the North Attleboro Senior Center
Fundraising Event!!**

**“Pasta Dinner @the Elks Lodge
(52 Bulfinch Street, North Attleborough)**



**Thursday, February 19th Serving @5:00pm - 6:30pm
Adults - \$20.00, 12 yrs & under - \$15.00**

**Tickets are available to purchase at the Senior Center.
Tickets will not be sold at the door!!**



Join us for a delicious night out for a great cause!
Enjoy a hearty pasta dinner while supporting programs and services
that benefit our local seniors. Bring your family, friends, and
appetite—and help make a difference in our community!

**MENU: Penne Pasta, Homemade Meatballs, Salad,
Rolls/Bread and Dessert & Cash Bar!!**



All proceeds support the North Attleboro Senior Center.

**Fundraising
EVENT**

**Congratulations to our newly elected
Friends of NA COA Officers:**

**President - Karen Dietzel
Vice President - Helene Gauthier
Treasurer - Shirley Tuson
Secretary - Sandra Legg-Forgiel**

Congratulations!

**The Friends of NACOA Board meets
on the 3rd Thursday of the month
@10:30am (451 Elm St.)
Next meeting will be
Thursday, February 19th**

**All members are encouraged to attend
and participate.**



Events, Presentations, and Activities!!

February



Valentine Book Mark Craft w/Marjorie!!

Tuesday, February 3rd @12:30pm - FREE

Celebrate Valentine's Day with a fun and relaxing craft! Join Marjorie as she guides us in creating a felt needlepoint Valentine bookmark—a beautiful, handmade keepsake perfect for marking your favorite book or sharing as a gift.

No experience needed, and all materials will be provided. Come enjoy good company, creativity, and a little Valentine cheer!



Dollar Tree BINGO - Sponsored by Chapel Hill Assisted Living Wednesday, February 4th @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.



"FREE" - Reiki Meditation Class w/Sharon O'Brien Thursday, February 5th @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.

MEDITATION



Dr. Seigel's Podiatry Appointments @ the Senior Center Friday, February 6th @8:00am

Please make your appointment w/staff in advance.



Assabet Family Podiatry



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.



Events, Presentations, and Activities!!

American Heart Association®



American Heart Association's "Wear Red Day" Friday, February 6th

Show your support for heart health by wearing red on Wear Red Day! This day raises awareness about heart disease and the importance of prevention, education, and healthy lifestyle choices. Join us by wearing red and helping to spread the message about keeping our hearts strong and healthy at every age. ❤️



"Estate Planning Seminar" w/Attorney Amy Azza Monday, February 9th @12:00pm - FREE Lunch will be provided!!

Attorney Amy Azza will present an informative session on estate planning essentials, including wills, trusts, health care proxies, and durable powers of attorney. She will explain the key differences between wills and trusts and provide an overview of how the probate process works in Massachusetts. This presentation is designed to help participants better understand their options and plan with confidence for the future.

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

FREE

Mardi Gras Mask Craft w/Laurie Beauvais!! Monday, February 9th @11:00am

Join us for a fun and festive Mardi Gras Mask Making Craft Class as we get ready for our upcoming Mardi Gras celebration on February 17th! Let your creativity shine as you design and decorate your own colorful mask, perfect for the big event. All supplies will be provided, and no experience is needed—just bring your imagination and Mardi Gras spirit. We hope you'll join us for this enjoyable class and help us celebrate in true Mardi Gras style!

Please sign up w/staff for this Craft class!



Lunch & Learn w/MCOA Nutrition Series "Nutrition & Food Myths" Tuesday, February 10th @11:30am

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. "Nutrition & Food Myths" will help to clarify messages and mistruths regarding nutrition.

Please sign up w/staff for this lunch & presentation.





Senior Tech Support

Wednesday, February 11th @2:15pm

Need Tech Help?? We're offering one-on-one tech support for iPhones, tablets, laptops, and more!! If you have questions or need assistance with your device, this is the perfect opportunity to get personalized help.
Please sign up w/staff for this event.



Valentine's Lunch w/Vini Ames Trip @Venus deMilo Rest.

Wednesday, February 11th - \$40.00 per person

Bus will leave the SC @11:15am and will return to the SC @5:00pm

Trip includes transportation, lunch, music and dancing!! Lunch includes a 3 course meal - Minstrone Soup, Baked Scrod OR Chicken Francais w/vegetables, roasted potatoes and chocolate mousse.

Please sign up w/staff for this Trip. **PLEASE PAY IN CASH**



Annual Valentine's Day Luncheon/Monthly Birthday

Thursday, February 12th @12:00 - \$5.00 per person

Sturdy Memorial Hospital Catering will be providing our lunch today!!

Menu: Chicken Parmesan, pasta, vegetable, roll and Dessert

Please sign up w/staff for this event.

Join us at our Annual Valentine's Day Luncheon as we celebrate our February birthdays and Valentine's Day. Enjoy live entertainment provided by Matt Brodeur, along with a delicious dessert generously sponsored by Dyer-Lake Funeral Home.

NO BINGO!!

NO BINGO!!



Mardi Gras Themed Celebration

Tuesday, February 17th @11:30am (suggested donation of \$2.25 per person)

Menu: Greek meatballs, confetti rice, Genoa blend veg., roll and peaches

Join us for a Mardi Gras Celebration filled with a touch of New Orleans flair! Enjoy festive decorations, great company, and a meal as we celebrate the spirit of Mardi Gras together.

Wear your purple, green, and gold!!

Please sign up w/staff for this event.



Trivia W/Larry

Wednesday, February 18th @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. The group is very popular and we need to make sure we have proper space!!!**



TRIVIA



Events, Presentations, and Activities!!

February



Fashion & The First Lady Thursday, February 19th @12:30pm



Travel through time..... to learn about the clothing of past eras and discover how people lived and dressed. Join Ren Antonowicz from Spirits of Fashion for a presentation on Styles of the Past!

Please sign up w/staff for this presentation.

“Shifting Gears”

Monday, February 23rd @12:30pm



Mass RMV will present “Shifting Gears” a class designed to help older adults stay safe, confident, and informed on the road. This helpful session will cover age-related changes that may affect driving, warning signs of unsafe driving, and ways to assess driver fitness. Participants will also learn about driver training options, RMV license renewal policies, how to make an RMV appointment, and important Massachusetts traffic safety laws. This is a great opportunity to ask questions and gain practical information to help you navigate the road safely.

Please sign up w/staff for this presentation.



Monthly Book Club Meeting Monday, February 23rd @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 February we will be reading “Gone Tonight” by Sarah Pekkanen

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

Coffee w/Sara from Dyer-Lake Funeral Home Monday, February 23rd @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, February 24th @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.



Heart health

Lunch & Learn w/Dawn DiMarco - "Nutrition and Heart Health"

Tuesday, February 24th @11:30am

February is Heart Health Awareness Month! Dawn will share simple ways to support your Heart health and wellness in the year ahead.

Menu: Pot Roast, Mashed potatoes and vegetables.

Please sign up w/staff for this Lunch & Learn



DISCO PARTY w/DJ Chris Joazard - Sponsored by TRIAD!

Wednesday, February 25th @1:30pm - FREE

DISCO Party

Get ready to boogie!

Join us for a fun-filled Disco Party with DJ Chris Joazard at 451 Elm Street. Enjoy classic disco hits that will have you dancing and reminiscing, along with light refreshments.

Come dressed in your disco best—or just come ready to have a great time! 🕺 ✨

Please sign up w/staff for this event!!



Mystery Lunch Trip

Thursday, February 26th @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. Please sign up w/staff for this trip. Registration will begin on 2/2 @8:00am



Left, Center, Right Game

Thursday, February 26th @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.

GAME TIME



Senior Information...

February

JabberWalkers Schedule

Tuesday 9:00 AM - Meet Debi at NAHS West Riverwalk, Mt Hope & AHS loop

There will no longer be a Wednesday 3:00 PM walk.

Thursday 9:00 AM Meet Michelle at the NA Senior Center (204 Elm Street) sign in and we will decide where to walk from there



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.

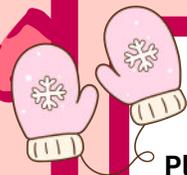
All are welcome. If you or someone you know may benefit from grief support, please consider attending.



Winter Weather Reminder:

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

We encourage you to check the website regularly during inclement weather for the most up-to-date information. Stay safe and warm this winter!



Perfume Policy:

We kindly ask that participants be mindful of the use of perfume or scented products during card games. Some individuals have allergies or sensitivities, and strong scents can cause discomfort.

Your consideration is greatly appreciated so everyone can enjoy the activity.

Thank you for your understanding.



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!

IMPORTANT





February

CONGRATS!

February Volunteer of the Month... Anna McCormack



We are proud to recognize Anna McCormack as our February Volunteer Appreciation recipient! Anna has been a dedicated volunteer at our senior center for an incredible 25 years.

During that time, she generously served on our Board of Directors as President for 15 years and has been the leader of our Bingo Games since 2003.

Anna's commitment, leadership have made a lasting impact on our community.

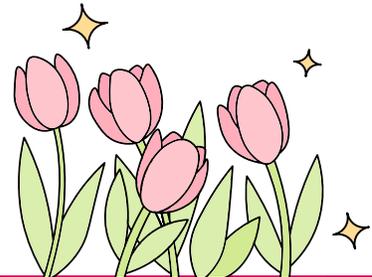
Thank you, Anna, for all that you do—we truly appreciate you!

MARCH

**SAVE
THE
DATE**



-  **Sturdy Memorial Hospital Catered Lunches**
Monday, March 9th and Monday, March 30th
-  **Annual St. Patricks Day/Monthly Birthday Luncheon**
Monday, March 16th
-  **Vini Ames Trip - Venus de Milo**
Monday, March 18th
-  **AI Presentation**
Monday, March 23rd
-  **International Pot Luck Luncheon**
Monday, March 23rd



And much more.....

*Stay
Tuned*





My Active Center

February

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 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/signupandregister (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 3rd 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

TRIAD

We would like to Thank TRIAD for sponsoring our DISCO PARTY Event!!

TRIAD will not meet in February! The next meeting will be held on Tuesday, March 17th @10:00am (451 Elm St.)

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.

THANK YOU

JabberWalkers Schedule -

Please note: Wednesday walks have been canceled.

Tuesdays @9:00am - Leader Debi Waldrop

FIRST WEEK OF THE MONTH - Riverwalk (meet on Riverfront Dr. near Olive St., Attleboro)

SECOND WEEK - Mount Hope Cemetery (meet @St. Marks Church in North Attleborough)

THIRD WEEK - Attleboro HS Loop (meet @St. Marks Church in North Attleborough)

FOURTH WEEK - North Attleborough HS (meet @St. Marks Church in North Attleborough)

Thursdays @9:00am - Leader Michelle Paton

FIRST WEEK OF THE MONTH - Meet @Senior Center for local walk

SECOND WEEK - Wendy Pond (meet @St. Marks Church in North Attleborough)

THIRD WEEK - Westwood Estates (meet @St. Marks Church in North Attleborough)

FOURTH WEEK - meet @Senior Center for local walk

REPEAT EACH MONTH!





"451 Fitness"

February

Exercise Classes -@451 Elm Street

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

Move & Groove

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

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

Qigong

Tuesdays @10:35am

Qigong improves quality of life through slow meditative movements, standing or sitting, and offers a variety of benefits.

Drum's Alive

Mondays @1:00pm

Using exercise balls and drumsticks participants enjoy an energetic, stress-relieving class that builds strength, coordination and joy.

You will need to sign up w/staff for this class!! Space is limited!

Fall Prevention

Tuesdays @1:10pm

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

Tai Chi

Mondays @10:45am

Whether you're looking to reduce stress, enhance mobility, or simply try something new, Tai Chi offers numerous benefits for both body and mind.

Chair Yoga

Tues., Thurs. @9:45am

Increased flexibility, promotes relaxation, reduces stress, strengthens muscles, strengthens bones and improves balance.

"Country Line Dancing" w/Felicia Coyle

Wednesdays @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 LINE DANCING on Wednesday, February 18th & February 25th

You must sign up with staff for this class!! Space is limited!

Pop-Up 3 Week BEGINNERS Line Dancing Class w/Felicia Coyle

Class will begin on Wednesday, February 3rd @12:15pm - 1:15pm

(Beginners ONLY) \$2.00 per class *NO LINE DANCING on Wednesday, February 18th & February 25th*

This class is perfect if you've ever wanted to try line dancing but felt unsure about jumping into a regular class.

Our instructor will teach each dance slowly and step by step, making sure everyone feels comfortable and confident. You'll learn the exact dances that will be taught later in our more advanced line dancing class, so you'll be fully prepared if you choose to continue. Please sign up w/staff for this class!

NEW

NEW





NUTRITION NEWS....

February



Sturdy Memorial Hospital Catering

Thursday, February 12th @12:00pm
Monday, February 23rd @12:00pm

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

Below are the menus:

February 12th - (Valentines Luncheon)
Chicken Parmesan, Pasta, vegetable and roll

February 23rd - Baked Stuffed Haddock,
Vegetables and roll

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

We will no longer be signing anyone up "Regulars" for lunches or brunch. You will need to sign up using the Reservation schedule listed in this newsletter.

Thank you for your understanding.

Lunch & Learn

Tuesday, February 10th

MCOA Nutrition - "Nutrition & Food Myths"

Menu: BBQ Hamburger, Swiss Cheese, Tater Tots, Mixed Vegetables and Apple Slices



Tuesday, February 24th

Bristol Aging & Wellness Presentation

w/Dawn DiMarco - "Nutrition & Heart Health"

Menu:

Pot Roast, Mashed potatoes, roll, vegetables and Dessert

Please sign up w/staff for these lunches.

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

SIGN UP!

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!

We are fully stocked w/kcups!

February Kitchen needs: Olive Oil, Sugar free maple syrup, Plastic wrap, Gallon size and quart size ziplock plastic baggies, ground coffee, crystal light packetts (no RED please) and Pam cooking spray!!

Brunch



Wednesday, February 4th @10:30am

Spinach and Cheese Omelet, Breakfast Sausage, Roasted Potatoes, Peaches and Fruit Loaf

Wednesday, February 11th @10:30am

French Toast Sticks, Bacon Strips, Hashbrowns, Maple Syrup, Pears and Fruit Loaf

Wednesday, February 18th @10:30am

Mini Pancakes, Breakfast Sausage, Hashbrowns, Maple Syrup, Pineapple and Fruit Loaf

Wednesday, February 25th @10:30am

Veggie Quiche, Breakfast Sausage, Hashbrowns, Peaches and Fruit Loaf

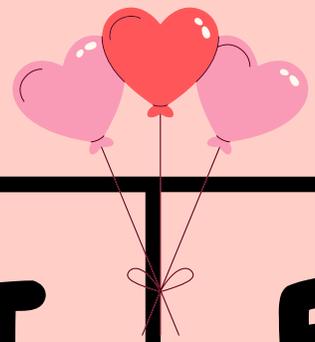


BRISTOL
AGING & WELLNESS

One Source. Many Services.



FEBRUARY



M

T

W

T

F

2.

Mahjong-Beginners 9:00am
Move & Groove 9:30am
Tai Chi 10:45am
Drums Alive 1:00pm

3.

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

4.

Move & Groove 9:30am
Knitting/Crochet 9:30am
Blood Pressure 10:00am
Chair Volleyball 10:30am
BRUNCH 10:30am
Dollar Tree BINGO 1:00pm
Pop-up Beginner Line
Dancing 12:15pm
Line Dancing 1:30pm

5.

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

6.

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

WEAR RED DAY!!

9.

Mahjong-Beginners 9:00am
Move & Groove 9:30am
Tai Chi 10:45am
Mardi Gras Craft w/Laurie 11:00am
Estate Planning Seminar 12:00pm
Drums Alive 1:00pm

10.

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

11.

Move & Groove 9:30am
Knitting/Crochet 9:30am
Blood Pressure 10:00am
Chair Volleyball 10:30am
BRUNCH 10:30am
Vini Ames Trip 11:15am
Pop-up Beginner Line
Dancing 12:15pm
Line Dancing 1:30pm
Senior Tech Support 2:15pm

12.

JabberWalkers 9:00am
Chair Yoga 9:45am
Pool Game 10:00am
Monthly Birthday/Valentines Luncheon 12:00pm

NO BINGO

13.

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

16.



Presidents' Day

17.

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

18.

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

NO LINE DANCING TODAY!

19.

JabberWalkers 9:00am
Chair Yoga 9:45am
Pool Game 10:00am
Friends Group Meeting (451) 10:30am
Lunch w/Friends 11:30am
Fashion & the First Lady 12:30pm
BINGO 12:30pm
FRIENDS of COA Pasta Dinner @Elks 4:00pm - 8:00pm

20.

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

23.

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

24.

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

25.

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

NO LINE DANCING TODAY!

26.

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

27.

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

