What's News?

THE BROCKTON COUNCIL ON AGING

NOVEMBER 2026 | MONDAY - FRIDAY 9AM - 4 PM

DIRECTOR:
Janice B. Fitzgerald



THIS MONTH'S COVER ART: "A Peaceful Ice Retreat" by Elise Char

Holiday Party (See back cover)

Thursday, December 10th | 12:00 PM - 2:00 PM

Celebrate the season with us at our annual Holiday Party! Join us for a festive afternoon filled with delicious food, music, laughter, and holiday cheer. See the back cover for complete details and RSVP information.

Wellness Nurses Have Returned!

The Atlantic Hill Nursing & Wellness nurses are back!! Find us in the health room at the Brockton Council on Aging on **Mondays, Tuesdays, and Fridays from 9 a.m. to 3 p.m.** Stop by for blood pressure, blood sugar, heart rate, and weight checks, or for support with your health questions and concerns. We're here to help you feel informed and confident, navigate care, and connect with resources. Whatever's on your mind, let's work through it together. We look forward to seeing you!

Keep the BCOA Community Healthy!

Cold and flu season is here. Please help protect those around you by staying home when you are not feeling well. We look forward to seeing you when you're feeling better!

Get in Touch!

10 Father Kenney Way
Brockton, MA 02301

PHONE
(508) 580-7811

WEBSITE
Scan the **QR Code** to stay connected with us!

FACEBOOK
Facebook.com/COABrockton

HOURS
Monday-Friday
9:00am-4:00pm

AARP Real Possibilities
AARP Network of Age-Friendly Communities Celebrate Brockton's Age Friendly Designation With Us.

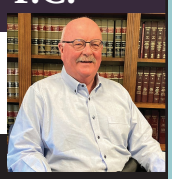
Supported in part by: Executive Office of Aging & Independence

CALENDAR OF EVENTS 02

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 **9:00 Activities Commitee Meeting** 9:00 Wellness Nursing **10:00 BOD Meeting (Friends Meeting after)** 10:00 Silver Boot Camp **10:30 Grief Support** 11:00 Chess Club 12:00 Cozy Ukes 1:00 Whist 1:00 Tonin' & Stretchin'	**3** **Election Day**  **BCOA closed for all programs**	**4** 9:15 Seated Tai Chi 10:00 Cribbage Lessons 11:00 Movin' & Groovin' 12:15 Mindfulness, Relaxation & Meditation 1:00 Mah Jongg Lessons *by appointment only* 2:00 Zumba Gold	**5** **Veterans Breakfast** ★★★★★ No Art From Heart No Cribbage No Community Dining 12:30 Tutoring w/ Greg 1:00 Movie: *The Little Rascals*	**6** 9:00 Wellness Nursing 9:00 Shoe City Walkers 10:00 Posture & Balance 10:00 Chess Club 11:00 Eldys' Yoga 12:00 Mah Jongg 12:15 Strong & Stable
9 9:00 Wellness Nursing 9:30 Dull Men's Club 10:00 Silver Boot Camp **10:30 Grief Support** 11:00 Chess Club 12:00 Cozy Ukes 1:00 Whist 1:00 Tonin' & Stretchin' 1:00 COA Book Club	**10** 9:00 Wellness Nursing 9:15 Line Dancing **10:00 Let's Talk About Brain Health** 11:30 Hand & Foot 12:00 Knitting & Crochet **12:00 Community Dining ft. Schneider:** **2:00 Holiday Cardmaking Class**	**11** **Veterans Day**  **BCOA Closed**	**12** 9:00 Art From Heart 10:00 Cribbage 12:00 Community Dining 12:30 Tutoring w/ Greg 1:00 Movie: *The Sheep Detectives* **1:30 Fantastic Fall Soups w/ Therapy Gardens**	**13** 9:00 Wellness Nursing 9:00 Shoe City Walkers 10:00 Posture & Balance 10:00 Chess Club 11:00 Eldys' Yoga 12:00 Mah Jongg 12:15 Strong & Stable 1:00 Music Appreciation **2:00 Hospice 101**
16 9:00 Wellness Nursing 10:00 Silver Boot Camp **10:30 Grief Support** 11:00 Chess Club 12:00 Cozy Ukes 1:00 Whist 1:00 Tonin' & Stretchin' **2:30 Pop Up Beer Can Museum & Presentation**	**17** 9:00 Wellness Nursing 9:15 Line Dancing 11:30 Hand & Foot 12:00 Knitting & Crochet 12:00 Community Dining **1:30 Two Days in November w/ Steve Thomasy**	**18** 9:15 Seated Tai Chi **10:00 Winter Candle Craft w/ West Acres** 10:00 Cribbage Lessons 11:00 Movin' & Groovin' 12:15 Mindfulness, Relaxation & Meditation 1:00 Mystery Book Club 1:00 Mah Jongg Lessons *by appointment only* 2:00 Zumba Gold	**19** 9:00 Art From Heart 10:00 Cribbage **12:00 Thanksgiving Special Community Dining:** Roasted Turkey 12:30 Tutoring w/ Greg **1:30 Eating to Prevent or Manage Diabetes w/ Tara, MCOA** 2:00 Yoga & Wellness Workshop	**20** 9:00 Wellness Nursing 9:00 Shoe City Walkers 10:00 Posture & Balance 10:00 Chess Club 11:00 Eldys' Yoga 12:00 Mah Jongg 12:15 Strong & Stable 1:00 Parkinson's Support 1:00 Movie: *The End of Oak Street*
23 9:00 Wellness Nursing 9:30 Dull Men's Club 10:00 Silver Boot Camp 11:00 Chess Club 12:00 Cozy Ukes 1:00 Whist 1:00 Tonin' & Stretchin' **2:30 Financial Fraud Workshop**	**24** 9:00 Wellness Nursing 9:15 Line Dancing 11:30 Hand & Foot 12:00 Knitting & Crochet 12:00 Community Dining 1:00 Musical Bingo **1:30 Artificial Intelligence Awareness & Discussion w/ SeniorU**	**25** **9:00 BFD: Fall Prevention and Safety** 10:00 Cribbage Lessons 11:00 Movin' & Groovin' 12:15 Mindfulness, Relaxation & Meditation 2:00 Zumba Gold	**26** **Thanksgiving Day**  **BCOA Closed**	**27** 9:00 Wellness Nursing 9:00 Shoe City Walkers 9:30 Pet Pantry 9:30 Office Hours w/ Rep. Michelle DuBois 10:00 Posture & Balance 10:00 Chess Club 11:00 Eldys' Yoga 12:00 Mah Jongg 12:15 Strong & Stable
30 9:00 Wellness Nursing 10:00 Silver Boot Camp 10:00 Legal Consults 11:00 Chess Club 12:00 Cozy Ukes 1:00 Whist 1:00 Tonin' & Stretchin' **2:15 Women's Circle at Brockton Public Library**				

Program Registration Information

- Register by calling 508-580-7811.
- **Sign-ups begin the 1st of each month unless noted.**
- Brockton residents receive priority for limited-space programs.
- Payments: **cash, check, or money order only** (exact change for cash).

John E. McCluskey, Esq., P.C.
Elder Law Attorney
Estate Planning • Wills • Trusts
Asset Protection • Elder Law

508-583-2221
john@rmlawma.com • www.mccluskeylaw.com

Advertise Here!
Increase visibility in your community.

Our Staff

Director
Janice Fitzgerald
jfitzgerald@brockton.gov

Assistant Director
Lauren Conrad
lconrad@brockton.gov

Outreach Coordinator
Rick Alvarnaz
ralvarnaz@brockton.gov

Shine Counselor
Cauna Magner
cmagner@brockton.gov

Program & Activities Supervisor
Christina Briggs
clong@brockton.gov

Program & Activities Assistant
Macey Eccher
mecher@brockton.gov

Volunteer Coordinator
Augusta Daluz
adaluz@brockton.gov

Receptionist/Secretary
Ruthie Graham
rgraham@brockton.gov

Social Work Intern
Jenna Beebe
jbeebe@brockton.gov

Custodian
Brian Matta
bmatta@brockton.gov

Mission Statement

The Brockton Council on Aging fosters a welcoming and inclusive environment for adults aged 60 and older. We strive to understand and support the unique needs of older adults by providing access to vital resources and opportunities that promote independence and enrich their quality of life.

BCOA
Brockton Council On Aging
At the heart of active living.

Mayor's Message:

To My Friends at the Council on Aging:

I hope you are all enjoying a safe, healthy, and happy fall season. We are officially heading into the holidays! Here are a few important updates from my office:

- **Election Day (Tuesday, Nov. 3)**: I encourage you to plan your vote. Polls are open 7:00 am – 8:00 pm. Direct any questions to the Elections Commission at 508-580-7117.
- **Veterans' Day (Wednesday, Nov. 11)**: The City will honor veterans with a parade starting at 10:00 am at the War Memorial (156 West Elm St.). Non-safety City offices will be closed. Trash pickup will be delayed by one day starting Wednesday.
- **Thanksgiving (Thursday, Nov. 26)**: Non-safety City offices will be closed. Thursday trash collection moves to Friday, and Friday's collection moves to Saturday.
- **40th Annual Holiday Parade (Saturday, Nov. 28)**: Festivities run from 12:00 pm to 6:00 pm throughout Downtown Brockton, with the parade starting at 2:00 pm at Main and Belmont Streets. To volunteer, please contact my office at 508-580-7123.

I hope you enjoy a wonderful Thanksgiving filled with delicious food and great company. Be well, stay safe, and contact my office at 508-580-7123 if I can assist you. Best to you and your families.

Sincerely,
Moises M. Rodrigues, *Mayor of Brockton*

From the Director's Desk

November is a month that reminds us of gratitude, service, and the importance of community.

As Daylight Saving Time ends, remember to **turn your clocks back one hour on Sunday, November 1st.** This is also a good time to check the batteries in your smoke and carbon monoxide detectors and prepare your home for the colder months ahead.

On **Veterans Day, November 11th,** we honor the brave men and women who have served our country. To all of our veterans and their families, we extend our heartfelt appreciation for your service and sacrifice. We are grateful for all you have given to our nation and our community.

As we celebrate **Thanksgiving,** I am especially thankful for our wonderful older adults, staff, volunteers, community partners, and friends who make the Brockton Council on Aging such a welcoming and vibrant place. The connections and friendships created here are truly something to be grateful for.

Wishing you and your families a safe, healthy, and happy Thanksgiving. We look forward to seeing you at the Council on Aging throughout November!

Happy November!

Janice Fitzgerald, *Director*

A Special Thank You to Greg!



We would like to extend our sincere thanks to Greg Bassett for being our 1-on-1 iPhone and Computer tutor! Greg generously shares his time, patience, and knowledge to help people with their technology questions. We truly appreciate all that he does to make technology easier and less intimidating!

EXERCISE SCHEDULE

Monday

10:00 AM | Silver Boot Camp with Georgi Englishby
$3 suggested donation
1:00 PM | Tonin' & Stretchin' with Georgi Englishby
$3 suggested donation

Tuesday

9:15 AM | Line Dancing with Steve Cavanaugh
$3 suggested donation

Wednesday

9:15 AM | Seated Tai Chi with Elijah Swain
(Seated Tai Chi meets on **1st & 3rd Wednesdays**)
First class is free for new Tai Chi participants
$3 suggested donation
11:00 AM | Movin' & Groovin' with Georgi Englishby
$3 suggested donation
12:15 PM | Mindfulness, Relaxation & Meditation
$3 suggested donation with Georgi Englishby
2:00 | Zumba Gold with Heather Zukowski
$3 suggested donation

Thursday

Yoga & Wellness Workshop
Thursday, November 19th | 2:00 PM
with Susan Andrea & Judith Struble
$3 suggested donation

Friday

9:00 AM | Shoe City Walkers at the Westgate Mall
10:00 AM | Posture & Balance with Susan Andrea
$3 suggested donation
11:00 | AM Eldys' Yoga with Linda Beck
$3 suggested donation
First class is free for new Eldys' Yoga participants
12:15 PM | Strong & Stable *with Sandra Costello*
*FREE - **Note:** Strong & Stable is **only** open to individuals with Parkinson's and their caregivers*

A one-time waiver is required for all participants to complete before attending each fitness class.

Our exercise programs are funded, in part, by a grant from Old Colony Planning Council.

GAME SCHEDULE 04

Monday

11:00 AM | Chess Club
1:00 PM | Whist

Tuesday

11:30 AM | Hand & Foot
Musical Bingo *with Brockton VNA*
Last Tuesday of every month at 1:00 PM

Wednesday

Cribbage Lessons
By Appointment Only, Starting at 10:00 AM
Call 508-580-7811 to schedule an appointment.
Mah Jongg Lessons
By Appointment Only.
1st and 3rd Wednesdays at 1:00 PM
Call 508-580-7811 to be added to the wait list.

Thursday

10:00 AM | Cribbage

Friday

10:00 AM | Chess Club
12:00 PM | Mah Jongg

DISCUSSION GROUPS

Dull Men's Club
2nd & 4th Mondays at 9:30 AM
A friendly space for "dull" men to discuss the simple, everyday things in life.

Women's Circle
Last Monday of every month at 2:15 PM
A welcoming space where women come together to connect & share experiences



This month: We will be taking a tour of the Brockton Public Library- Main Branch!
Meet us at the Circulation Lobby at the Brockton Public Library at 304 Main Street on Monday, November 30th at 2:15 PM to come see what the Library has to offer!

Women's Circle Drive: *See back cover for more info!*

Music Appreciation Club
Friday, November 13th at 1:00 PM
Discover new favorites, revisit old classics, and share your thoughts!

OFFICE HOURS



Office Hours with
State Rep. Michelle DuBois
Friday, November 27th at 9:30 AM

SPECIAL EVENTS ★ 05

Holiday Cardmaking with Senior Greetings

TUESDAY, NOVEMBER 10TH | 2:00 PM

Join Senior Greetings for a "make-and-take" holiday card making event! Create thoughtful, handmade, Thanksgiving, Christmas, and Hanukkah cards to share with loved ones this holiday season! All supplies will be provided - just bring your positivity and creativity!



Fantastic Fall Soups with Therapy Gardens

Massachusetts Councils On Aging

THURSDAY, NOVEMBER 12TH | 1:30 PM

A warm and seasonal look at fall-inspired soups. Explore recipes like Butternut Squash & Apple with Sage, Roasted Pumpkin & Ginger, Creamy Mushroom with Tarragon, and Roasted Red Pepper Soup. Learn key ingredients, techniques, and tips, with recipes to take home.

This program has been produced in full from a grant awarded to the Massachusetts Association of Councils on Aging by the Massachusetts Office of Aging & Independence. Any opinions expressed herein are solely those of Therapy Gardens

Hospice 101: Everything You Wanted to Know About Hospice But Were Afraid to Ask

November is National Hospice and Palliative Care Month.

FRIDAY, NOVEMBER 13TH | 2:00 PM

We address the Who, What, When, Where, Why and How of Hospice Care (aka **Hospice 101**). Learn what hospice care is, who it is for, when it may be appropriate, where care can be provided, and how hospice supports both patients and their families.

Pop Up Beer Can Museum & Presentation

MONDAY, NOVEMBER 16TH | 2:30 PM

From Billy Beer to Blatz, from Harvard Ale to Haffenreffer, from Ballantine to Black Label...

Join us for a nostalgic look at the History of the Beer Can and a unique pop-up museum experience. Curator Kevin Logan will bring an impressive assortment of cans, including novelty cans, TV and movie props, a World War II camouflage can, and more. Enjoy the history, art, and humor of beer cans, with a special focus on local breweries. Trivia, door prizes, and Q&A included!

Mass Cultural Council FUNDED, IN PART, BY A GRANT FROM THE BROCKTON CULTURAL COUNCIL, A LOCAL AGENCY SUPPORTED BY THE MASSACHUSETTS CULTURAL COUNCIL.

Two Days in November with Steve Thomasy

TUESDAY, NOVEMBER 17TH | 1:30 PM

We will look at November 11, discussing its origin as "Armistice Day" in 1919 (and its change to Veterans Day in 1954). And then November 19th, the anniversary of the Gettysburg Address. We will have a collective reading of its 272 words, and a discussion of Lincoln's stated goals.



Financial Fraud Workshop with Cambridge Savings Bank

MONDAY, NOVEMBER 23RD | 2:30 PM

Join Evan Diamond, Vice President and Financial Education Specialist at Cambridge Savings Bank, for an engaging workshop on protecting yourself from scams and financial fraud. Learn how to spot red flags, avoid common scams, and safeguard your finances with practical tools, real-life examples, and expert advice.

Artificial Intelligence (AI): Awareness & Discussion with Senior U

Massachusetts Councils On Aging

TUESDAY, NOVEMBER 24TH | 1:30 PM

Concerned about AI? Take a breath and enjoy a presentation on artificial intelligence. We make it our business to keep up with the latest information and then bring it to you. We will catch up on the latest developments and show you what all the fuss is about. So come learn in a fun and supportive manner! Bring your opinions and questions! Great for beginners, skeptics, and anyone interested in knowing more about the topic.

This program has been produced in full from a grant awarded to the Massachusetts Association of Councils on Aging by the Massachusetts Office of Aging & Independence. Any opinions expressed herein are solely those of Senior U



Brockton Fire: Fall Prevention & Safety

WEDNESDAY, NOVEMBER 25TH | 9:00 AM

Seminar Topics:

- Causes
- Prevention
- Preparing your home
- Tools for daily living
- What to do following a fall
- Lots of laughs
- Independent living

Brockton Fire Dept. Senior SAFE



Smart Phone Skills Workshop with OCES

OCES

WEDNESDAY, DECEMBER 2ND ← *Sign up starting Nov 1st!*

10:00 AM - 11:30 AM IPHONE WORKSHOP | 11:30 AM - 1:00 PM ANDROID WORKSHOP

Learn to make the most of your smart phone features in this hands-on class with instructor, Armindo Rocha. Registration required due to limited space in each class. Priority is given to Brockton residents.

Call 508-580-7811 to sign up

Brockton
Post Acute Care
508.580.6800

Learn More at AllianceHHS.org/west-acres
Quality Senior Care on the South Shore!

24/7 Skilled Nursing Care & In-House Therapy that you deserve for your inpatient Short Term Rehabilitation Stay
Alliance Health at West Acres
Address: 804 Pleasant St Brockton, MA
Phone: 508-583-6000


SELL AT 1%
REAL ESTATE SERVICES
RON MCGANN, INC.
Ron McGann, President
781-789-1717
877 AUBURNVILLE WAY E1, WHITMAN, MA 02382

Proudly Serving Seniors and Adults in the Brockton Community.
Brockton Adult Day Health Center: 508-897-0600
South Shore Haitian Adult Day Health: 508-232-3611
Brockton Adult Medical Day Care Center: 508-586-2222
Sevita
SevitaHealth.com/seniors

Serving All People, All Incomes.
- Provide In-Home Services
- Provide Options Counseling
- Serve Nutritious Meals
- Provide Caregiver Support

OCES
Providing Services to the Community Since 1974
508-584-1561 info@ocesma.org www.ocesma.org

Guidance for Seniors
Harbor of Wisdom
South Shore Senior Connections
National Aging in Place Council NAIPC Member
Claire & Jim Abate
508-965-4525
ClaireMatureMoves@gmail.com

Large enough to deliver, Small enough to Care.
THE A TEAM realtors
kw THE A TEAM KELLERWILLIAMS REALTY
Jim & Claire Abate
Licensed Real Estate Agents
508-965-8844 508-965-4525
Claire@ClaireAbate.com
Jim@theAteam.realestate

Advertise in Our Newsletter!
Contact Karen Fontaine
kfontaine@4LPi.com
(800) 950-9952 x6350


WE'RE HIRING
Ad Sales Executives
- Paid Training
- Some Travel
- Work-life Balance
- Full-time with Benefits
- Serve Your Community
Visit www.4lpi.com/careers

Support Our Advertisers!

HEALTH, WELLNESS & SUPPORT 07

Let's Talk About Brain Health
Tuesday, November 10th at 10:00 AM

Join us for an education session to discuss:

- Understanding memory changes
- Recognizing signs of cognitive decline in self or loved ones
- Alzheimers and Dementia; What are they and how are they different
- Tips for healthy aging and brain health
- Q&A with a registered nurse

Atlantic Hill Nursing & Wellness

Call to Register Today
508-580-7811

Mobile Medical Foot Care

Services Include

- Lower Leg & Foot General Assessment and Cleansing
- Edema/Excess Fluid Assessment
- Foot Measuring & Shoe Assessment
- Routine Foot & Nail Care
- Cutting Toenails
- Reduction of Thickened Hard Nails
- Reduction of Corns & Calluses
- Foot Care Education/Materials
- Physician/ Provider Referrals

Cost is $45.00 per person,
Upcoming Appointments:
November 4th & December 2nd

Professional Manicures

Services Include

- Removal of old polish
- Nail clipping and Shaping
- Cutice Care
- Soothing Hand Massage
- Fresh Polish

Cost is $18.00 per person,
Upcoming Appointments:
November 23rd & December 14th
Holiday-ready nails are just an appointment away!

Reminder:
- **Regular Polish Only!**
- **NO GEL & NO DIP**

Visiting Dental Hygiene

Services Include

- Teeth Cleaning
- Oral Health Education
- Tips for Maintaining a Healthy Smile!

Cost is $35.00 per person,
or FREE with MassHealth.
Upcoming Appointments:
December 3rd
& February 4th

10 Weeks Between Generations - Starting in December!
We are looking for participants!

10 Weeks Between Generations program is an intergenerational community initiative originally created and piloted by the Hanover Alliance and Council-On-Aging. Also launched in Weymouth and Norwell. The program was specifically designed to bridge the gap between local youth and the town's older population. **And now, it's coming to the Brockton Council on Aging!**

Program Overview & Mission

- **Core Setup:** The initiative matches local students with town elders for weekly check-ins and structured interaction.
- **Winter Connectivity:** The program heavily focuses on providing phone or zoom conversations and connections during the winter months. This serves as a vital tool to reduce social isolation and loneliness among senior citizens when harsh New England weather keeps them indoors.
- **The "Connectedness" Premise:** The initiative is built entirely on the concept that fostering meaningful, consistent relationships between younger and older generations improves community resilience, safety, and mutual empathy.
- **Program banquet/lunch:** At the end of 10 weeks, the students and seniors meet in person for the first time for lunch and share what they have learned about their new friend.

If interested in participating, please see Jenna Beebe, our Social Work Intern. Call 508-580-7811 for any questions.

SUPPORT GROUPS

APDMA MA BROCKTON SUPPORT GROUP

This support group is open to people with Parkinson's and their Care Partners.

When: 3rd Friday of the Month *(This month: November 20th)*
Time: 1:00 PM - 2:00 PM
Where: Brockton COA
Facilitator: Danielle Robison, CNA
RSVP REQUIRED:
Please call the Brockton COA at 508-580-7811
Questions: Danielle Robison, daniellerobison@comcast.net

GRIEF SUPPORT GROUP

Hosted by the Brockton Council on Aging

Old Colony Hospice & Palliative Care

When: 11/2, 11/9, & 11/16
Time: 10:30 AM – 12:00 PM
Where: Brockton COA
Facilitator: Kevin Mossman, MA, Spiritual Care Associate, Old Colony Hospice and Palliative Care
RSVP Required: Call the Brockton COA at 508-580-7811

CREATIVE CONNECTIONS & ARTS 08

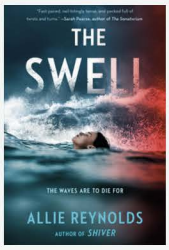


COA Book Club

Monday, November 9th at 1:00 PM

The One Hundred Years of Lenni & Margot
by Marianne Cronin

Coming up: December 14th
The Names by Florence Knapp



Mystery Book Club

Wednesday, November 18th at 1:00 PM

The Swell
by Allie Reynolds

Coming up: *December 9th*
The Da Vinci Code by Dan Brown

The Write Stuff:

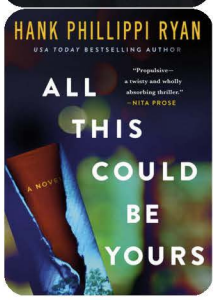
The BCOA Author Series

Featured Author: Hank Phillippi Ryan



Date: Friday, December 18th
Time: 2:00 PM

HANK PHILLIPPI RYAN is the USA Today bestselling author of 17 thrillers including ALL THIS COULD BE YOURS, the 2026 Mary Higgins Clark Award winner. She's won every major mystery award. Her fiction is inspired by her groundbreaking true-crime stories as an on-air investigative journalist, winning 37 Emmys. A TedX speaker and in-demand literary moderator, Library Journal calls her "a superb and gifted storyteller. " A Chicago native with Indianapolis roots, Ryan lives in Boston.



CALL 508-580-7811 TO SIGN UP NOW

Creative Classes

Knitting & Crochet | Tuesdays at 12:00 PM
Socialize and stitch! Bring your current project. All skill levels welcome!

Art from Heart | Thursdays at 9:00 AM
Social painting group for all skill levels. Come create with us!

6-Week Ukulele Class with Cozy Ukes
Mondays, Nov. 2–Dec. 7 | 12:00–1:00 PM
$30 for all 6 classes. Register at the Front Desk
Bring your own ukulele. Ukuleles not provided.

Winter Candle Votive Craft with West Acres

Wednesday, November 18th at 10:00 AM



We will be creating a winter wonderland candle votive! Once completed it can be used with a small candle or tea light to really shine! Bring scissors if you have one. All other materials will be provided.

Call 508-580-7811 to sign up.

Limited spots available. Crafts are limited to one person per household. Brockton Seniors are given first priority.

Alliance Health at West Acres

Movies at the BCOA!

The Little Rascals (1994)
Thursday, November 5th
1:00 PM
PG | 1 hour 21 minutes
A strictly boys-only club faces chaos when their star member breaks the rules and falls in love. To save their clubhouse and win an upcoming soapbox derby, the mischievous neighborhood kids must work together to rebuild their destroyed race car.



The Sheep Detectives (2026)
Thursday, November 12th
1:00 PM
PG | 1 hour 49 minutes
Every night a shepherd (Hugh Jackman) reads aloud a murder mystery, pretending his sheep can understand. But when a mysterious incident occurs, the sheep become detectives, following clues and investigating suspects to solve the crime.



The End of Oak Street (2025)
Friday, November 20th
1:00 PM
PG-13 | 1 hour 39 minutes
The Platt family, led by parents Denise (Anne Hathaway) and Greg (Ewan McGregor), band together to navigate their new surroundings after a cosmic event transports their suburban neighborhood to someplace unknown.



Transportation Info

Did you know that if you are disabled, or if you are 65 or older you may qualify to ride Dial-A-Bat?

How do I register?
To register bring proof of age and residence to 10 Commercial Street, Brockton during regular business hours. **Or**....you can go to the Brockton Council on Aging and we can register you from here.

Where can I go on Dial-A-Bat?
Brockton seniors can use Dial-A-Bat to go shopping, to the doctor, to visit friends, etc. in Brockton, Bridgewater, East Bridgewater, West Bridgewater, Abington or Whitman with limited service to Avon, Easton and Stoughton.

What about Boston Hospitals?
Limited service is available to some Boston medical facilities on Wednesdays for medical treatment not available in the Brockton area. The cost is $7.50 each way or $15.00 round trip. If you need to go to Boston on days that Dial-A-Bat doesn't go you can contact MBTA's RIDE program at 1-617-337-2727 to set up an appointment.

How do I arrange my trip?
Call Dial-A-Bat at 508-584-5530 before 4:00pm at least one day in advance but you may call up to two weeks before. Dial-A-Bat is unable to provide same day trips.

bat **DIAL-A-BAT SERVICES ARE FREE UNTIL JUNE 2027!**

Additional Medical Ride Options
For trips to dialysis, radiation, or Boston appointments:

- **Old Colony Elder Services**: 508-584-1561 ext. 650
- **Mass Health Transportation**: 1-800-841-2900

Bloom Bus Trips

Thank you for a great 2026 Trip Season!
Stay Tuned for 2027 trips.



















Call 508-580-7811 to sign up

Community Dining

Meals are served at 12:00 PM and menus are subject to change. Suggested donation is $2.50.
Sign up at least 1 week in advance: 508-580-7811.

TUESDAYS	THURSDAYS
November 3rd *Menu not available at time of printing*	**November 5th** **No Community Dining due to Veterans Breakfast**
November 10th **Keyboard w/ Schneider** *Menu not available at time of printing*	**November 12th** *Menu not available at time of printing*
November 17th *Menu not available at time of printing*	**November 19th** **Thanksgiving Special** • Roasted Turkey Breast • Savory Stuffing • Whipped Potato • Cranberry Sauce • Parslied Buttered Carrots • Corn Bread • Dessert from West Acres
November 24th *Menu not available at time of printing*	**November 26th** **Thanksgiving Day** **BCOA Closed**

December Special Meal

Special Community Dining
Thursday, December 17th at 12:00 PM
Lunch:

Chicken with Red Pepper Florentine Sauce
Vegetable Blend
Au Gratin Potatoes
Snowflake Roll

Sign Up By Calling 508-580-7811.
Suggested Donation: $2.50

YOU MUST SIGN UP BY: 11/17

- **Music by DJ Bill Reddin!**
- **Special Dessert by** Alliance Health at West Acres



Community Dining: Featuring Live Keyboard Music with Schneider

Tuesday, November 10th
12:00 PM - 1:00 PM

Join us on the **second Tuesday of every month from 12:00–1:00 PM during Community Dining** as Schneider performs live keyboard music. Relax, enjoy familiar favorites, and make your lunch even more enjoyable with live entertainment.



Nutrition Presentations with Tara Hammes

This month's topic:
Eating to Prevent or Manage Diabetes
Thursday, November 19th at 1:30 PM

Join us for a monthly Nutrition Presentation with Tara Hammes, RD and Healthy Aging Manager for the Massachusetts Councils on Aging. This month, we will review blood sugar basics and how to build a better plate.

Call 508-580-7811 to sign up

Massachusetts Councils On Aging



Holiday Food Safety

Serve Joy, Not Germs!

Preparing: Make room in the fridge and freezer. Keep fresh fruits and vegetables separate from raw meat and poultry, and keep all food away from household chemicals. Refrigerate perishable foods as soon as you get home from the store.

Thaw Safely: Thaw your turkey in the fridge (24 hours per 4 lbs), not on the counter.

Cook Thoroughly: Ensure turkey (and stuffing!) reaches an internal temperature of 165° F. Temperature is the only indicator that food is cooked for quality and safety.

Store leftovers: Refrigerate perishable food within 2 hours to prevent foodborne illness. Eat or freeze leftovers within 3 to 4 days. Eat or freeze gravy within 2 days. Reheat leftovers to 165° F.

Is It Time For You To Make A Move?



I'm your best source for knowledge, understanding and support as you move forward.

Jeanne Fuller-Jones
Senior Real Estate Specialist
Contact me today! 774-240-8928

kw KELLERWILLIAMS. REALTY

Our community wouldn't be the same **without you!**

Need Help with Medicare Plans?
Special or Open Enrollment Period?
Retiring/Turning 65?



Schedule Phone Appointment to Review Prescription Costs Supplement & Medicare Advantage

Call 978-314-3760
debhaleyinsurance@gmail.com

Deb Haley
Certified Enrollment Agent
MA, NH, ME, VT, CT, RI, NJ, NC, SC, TN, FL, AZ
Licensed Health Insurance Broker - NPN#18509337

I do not offer every plan available in your area. Currently I represent 18 organizations that offer 45 products in your area. You may also contact Medicare.gov, 1-800-MEDICARE or your local State Health Insurance Program (SHIP) to get information on all your options.

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide



ADT Authorized Provider | SafeStreets | 833-287-3502

findmass money.gov
UNCLAIMED PROPERTY DIVISION

Did you know that you may have money waiting for you?
1 in 10 Massachusetts residents has unclaimed property.

Unclaimed property can refer to an old bank account, a forgotten insurance policy, uncashed checks, a refund you didn't know about, or even a forgotten safe deposit box.

Search and claim at Findmassmoney.gov or call our office at 617-367-0400.
Searching for unclaimed property in your state is always free.

Never miss our publication!



Get each new issue delivered straight to your inbox.

Scan to subscribe on MyCommunityOnline.com

BCOA SERVICES 12

How can we help?
Call 508-580-7811 to make an appointment
Please note: NO WALK-INS. Appointments are required.

OUTREACH
- Guidance to community social services and resources.
- Assistance with housing, home care, nutrition, and more.
- Appointments available in person or by phone.

SHINE *Serving the Health Insurance Needs of Everyone*
- Speak with a certified SHINE counselor.
- Understand your Medicare, health insurance, and drug coverage options.

LEGAL CONSULTATIONS
- **FREE** 15-minute consultations focused on elder law.
- You can discuss the following topics: Foundational Documents (Health Care Proxy, HIPAA Release, Durable Power of Attorney, Advance Directive, Last Will & Testament) Medicaid Planning/MassHealth for Nursing Home, Long Term Care Planning, & Trust Planning

DIAL-A-BAT
- Transportation for seniors (65+) and individuals with disabilities in Brockton and surrounding area.
- Call for registration assistance.

FUEL ASSISTANCE
- Call to schedule an appointment for NEW applications for the Massachusetts Home Energy Assistance Program (HEAP).
- If you are already receiving fuel assistance, recertification forms will be mailed to you by Self Help, Inc.

SNAP
- Call to schedule an appointment with a DTA Community Liaison for assistance with SNAP applications.

ELDER MENTAL HEALTH OUTREACH TEAM (EMHOT)
- The goal of this program is to improve access to behavioral health services and support for older adults.

1-ON-1 IPHONE & COMPUTER TUTORING W/ GREG
Thursdays 12:30-3:00 PM
- Get one-on-one help with your iPhone or computer during a personalized tech support session with Greg.

BAMSI Helpline
- Guidance to community social services and resources.
- Assistance with housing, home care, nutrition, and more.
- Appointments available in person or by phone.

RMV SERVICES AT THE BCOA
- Assistance with driver's license and ID renewals (under age 75).
- Help applying for or replacing a disabled parking placard.

PET PANTRY
This month: Friday, November 20th at 9:30 AM - 10:30 AM
- Monthly pet food and supplies for registered participants.
- Program is currently full; pet food is also available through APCSM's monthly pantry at 1300 West Elm St Ext, Brockton, MA held on the 2nd Saturday of every month from noon to 2pm

OTHER SERVICES
Knox Box
Project Lifesaver
File of Life
Resource Referrals
...and more!

The Brockton Council on Aging offers many additional support services. Please don't hesitate to call us with questions or for assistance.

Reminder from the Brockton Council on Aging

To better serve you, please call ahead to schedule an outreach appointment.

This helps ensure:

- You are seen in a timely manner
- Staff can dedicate the proper time to your needs
- You receive the best possible assistance

CALL TO SCHEDULE: 508-580-7811

OUTREACH MESSAGE

Hi all,

Happy November! I wanted to share a quick message with everyone as we approach the holiday season.

It is normal to have a lot of feelings come up as we approach the winter months. While we may feel joy and love during the holidays, this time of year may also bring up grief, sadness, stress, or loneliness for some. If the holidays stir up difficult emotions for you, please know that you are not alone. This time of year can be tough for many reasons.

If you need support with resources like food or heating during the winter months, please do not hesitate to reach out. Our outreach team is happy to help in any way we can. If you're not sure we can help, just ask! And if you feel like you just need someone to talk to, I would be happy to connect with you and provide a listening ear. We also have plenty of wonderful programs here for everyone and would love to see you.

Stay warm, stay connected, and come spend some time at the COA! Wishing you a wonderful November.

All the best,

Jenna Beebe, *Social Work Intern*

OPEN ENROLLMENT

Just a friendly reminder that Medicare Open Enrollment is currently underway and runs until December 7th. This is your opportunity to compare your current drug plan against others to ensure the cost of your medications is covered as well as possible in the coming year! Please contact us to schedule an over-the-phone appointment

Rick Alvarnaz, *Outreach Coordinator*

FUEL ASSISTANCE

For new applicants, please request the list of documents to gather. Once you have this ready, then you can schedule your appointment with us. Feel free to call with any questions.

Rick Alvarnaz, *Outreach Coordinator*

OCES MESSAGE

Shining a Light on Family Caregivers

Did you know? One in four adults or 63 million individuals, are family caregivers for older adults, people with disabilities and serious illnesses, according to the National Alliance for Caregiving. That's an incredible number of people in the U.S. providing care to loved ones on an ongoing basis.

Do you know of a family caregiver? Perhaps you are one yourself. Family caregivers may be spouses, adult children, partners, parents, grandparents, relatives and/or friends.

Each family caregiver's situation is unique and complex. While caregiving for a loved one is very meaningful and rewarding, it can also be one of life's most difficult jobs. Family caregivers often balance their caregiving responsibilities with their careers and families. These responsibilities can range from limited to extensive, including assisting loved ones with activities of daily living, such as eating, dressing, bathing, toileting, and getting around. They may also manage meals, medications, housekeeping, medical appointments, and finances. Caregiving responsibilities often increase over time. Caregiving typically becomes a central part of a family caregiver's life and may negatively affect their work, finances and health. Working caregivers may be limited when it comes to career options or they may need to take time off, reduce their work hours or even give up work entirely.

Workplace programs designed for caregivers can be invaluable. However, not all working family caregivers have access to this type of benefit. Working caregivers who reduce their work hours or stop working entirely must cope with the financial challenges caused by a reduction in income. Not only that, but family caregivers may also take on additional debt or pay out-of-pocket expenses to meet the needs of their loved one.

Caregiving is a complicated balancing act. Caregivers often put their loved ones' needs first and neglect to take care of themselves. Keeping up with personal medical appointments, maintaining a healthy diet, exercising regularly, and time for rest can be a real challenge for family caregivers.

Throughout the caregiving journey, self-care and support are essential.

Old Colony Elder Services (OCES), the Aging Services Access Point (ASAP) for Greater Plymouth County and the South Shore area, supports family caregivers through its Family Caregiver Support Program (FCSP). It is a program that reassures families that they are not alone and that resources are available to support them in their caregiving journey.

FCSP provides one-on-one support to create a personalized plan outlining all the available resources that are applicable to their caregiving situation. These resources may include caregiver support groups, educational workshops, and programs that share techniques to help family caregivers with stress reduction, time management, goal setting, problem-solving, relaxation and more. FCSP works with people of all ages including grandparents raising their grandchildren. The program also helps caregivers develop a self-care plan, which is essential to their health and well-being.

November is National Family Caregivers Month. Join us as we honor family caregivers in their unwavering dedication to providing essential care for people of all ages.

If you are a family caregiver, do not hesitate to reach out, connect with others, and seek support. If you know a family caregiver, take a moment to let them know you care and ask how you can support them. For more information about OCES' FCSP, call OCES 508-584-1561 or visit ocesma.org

MEMBERS & FRIENDS UPDATES 14

Monthly Scam Alert: Predatory Mortgage Scams

Watch out for fake mortgage letters that look official and claim to be from your mortgage company or a government agency. These letters may use phrases like "FINAL NOTICE," "URGENT," or "We have been trying to reach you" to make you feel pressured to respond. They may claim there is an issue with your mortgage or that you qualify for assistance, then ask you to call a number, provide personal information, or send money.

Don't let an urgent-looking letter pressure you into acting quickly. If you receive a suspicious notice, contact your mortgage company directly using the phone number on your mortgage statement or official website. **Do not use the contact information provided in the letter.**

New & Renewing Members

- Melova Avraham
- Yvonne Belizaire
- Richard Buidorket
- Michael Dagesse
- Carol Delorey
- Marc Delorey
- Thalia Dennison
- Ida Kurinskas
- Carma Pearl-Ohimer
- Carol Nelson
- Natalie Orcutt
- Jean Purificato

Memorials

- Richard L. Buidorket in memory of Kendra L. Buidorket
- Natalie Orcutt in memory of my mother Pauline Silva who passed away on September 13, 2026

Reminder to Renew your "Friends of the Brockton COA" Membership for 2027

It's getting to be that time of the year again!

A friendly reminder to renew your Friends of the Brockton Council on Aging membership!

For just $10.00 per year, your membership helps support programs, activities, special events and other opportunities that benefit older adults at the Brockton Council on Aging. Your support makes a difference and helps Friends continue to enhance the programs and services our members enjoy throughout the year. Please consider renewing today, and thank you for supporting the Friends of the COA!

Friends of the Brockton Council on Aging

Responsibility of the Friends: The Friends of the Brockton Council on Aging is made up of individuals, associations, organizations, partnerships or corporations interested in increasing and improving the resources and services of the Brockton Council on Aging - enhancing, not supplanting city funds. The Friends are the fundraising arm of the Brockton Council on Aging

Senior Dollar Fundraiser:

October's $100.00 Cash Prize Winner is **Richard Buidorket**!

The Friends of the Brockton Council on Aging are now selling tickets for the 2027 Senior Dollars Fundraiser!

- Tickets are $10 each. Each ticket is entered into 12 monthly drawings, giving you a chance to win $100 each month from January through December 2027.
- The $100 cash drawing will be held at the beginning of each month, starting in January 2027 and continuing through December 2027.
- Senior Dollars tickets will be sold by Friends members. Not sure who is part of the Friends? Ask a staff member!

Murder Mystery Coming Soon!:

Something wicked this way comes...Stay tuned for the details!

Friends Members

Lillian Dykes, *Acting Chair*
Maxine Young, *Vice Chair*
Vickie Green, *Secretary*

- Leonard Burman
- Donna Emschweiler
- Laura Howard
- Melinda Howard
- Dolores Langer
- Suzanne Larke
- Linda Reddin
- Hope Tripp
- Fran Zakszewski

Texas Roadhouse Dine-to-Donate Fundraiser Coming next month! Stay tuned!

FRIENDS OF THE BROCKTON COUNCIL ON AGING
10 Father Kenney Way, Brockton, MA 02301

Name: _____ Phone: _____

Address: _____

Membership for **$10.00 per person** _____ Additional Contribution: $_____

Memorial Donation: $_____ In Memory of: _____

Make checks payable to The Friends of the Brockton Council on Aging

DOYLE & WALDRON REAL ESTATE

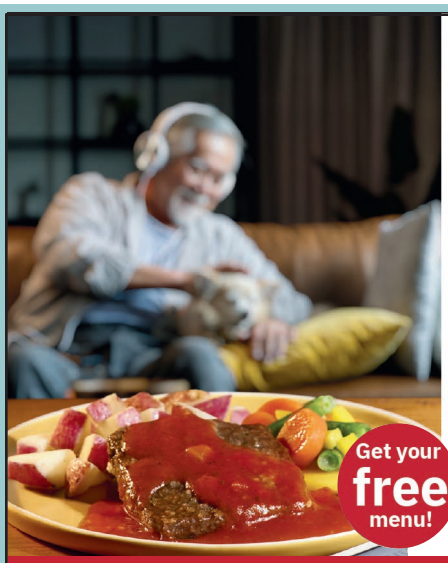
Team@DoyleWaldron.com O:774.250.2221



Waitt FUNERAL HOME
TRADITIONAL CREMATION



Directors: Gregory N. Belcher, Lisa Waitt Belcher
Stephanie Costa-Lally, Certified Funeral Director
850 North Main Street, Brockton, MA 02301
508-583-7272 • Pre Need Planning - Cremation Options
waittfuneralhome@gmail.com • www.waittfuneralhome.com



HEART TO HOME MEALS
DELICIOUS MEALS MADE FOR SENIORS™

Nutritious & Delicious Meals

Every day, open your freezer to over 160+ meals made especially for seniors, delivered for free with no contracts.

Get your free menu!

Call us at (508) 356-5983 | HeartToHomeMeals.com

- SHORT-TERM REHABILITATION
- LONG-TERM CARE
- PULMONARY REHABILITATION
- RESPITE CARE

Sachem
Center for Health & Rehabilitation
508.378.7227
66 CENTRAL STREET
EAST BRIDGEWATER, MA 02333
sachemcenterrehab.com



Support for Caregivers, Stability for Loved Ones

- Personalized daily support for independence and well-being
- Nursing oversight with coordinated care
- Safe, stable home setting with essential resource connections
- Robust caregiver support

Phone: (508) 559-1792
www.traumatowellness.com

WELLNESS TRAUMA

Healing Hearts Holistically
"A healthy heart is a happy heart"
Denise L Jezewski, RN ACNS-BC
Owner of Healing Hearts Holistically
49 Pearl St Brockton MA 02301
Est 2012 • Hours by appt.
508-584-3278 • Happyholisticheart.org
HealingHeartsHolistically@facebook.com
Provider of BLS, ACLS, First Aid courses to healthcare providers and the community. Also provides education on stress management, diabetes and heart disease. Also provides Reiki with tuning forks as part of stress relief.

Surprenant, Beneski & Nunes
Estate Planning | Elder Law
New Bedford • Hyannis
Easton • Plymouth
508-994-5200
www.MyFamilyEstatePlanning.com

HEALTHCARE PROXY • ADVANCE DIRECTIVE
LAST WILL & TESTAMENT
HIPPA AUTHORIZATION
DURABLE POWER OF ATTORNEY
TRUST PLANNING TO ACHIEVE YOUR GOALS
MASSHEALTH/MEDICAID PLANNING FOR LONG-TERM CARE
ESTATE ADMINISTRATION, GUARDIANSHIPS AND CONSERVATORSHIPS



Brockton Housing Authority

Creating Windows of Opportunity.



Affordable Senior Living

Simon C. Fireman Community
Hebrew SeniorLife
640 North Main St., Randolph, MA | 781-986-8880
www.firemancommunity.org



IT'S NOT JUST YOUR HEARING. FOR US, IT'S YOUR LIFE.
FREE HEARING EVALUATION* - CALL 888-387-3068
Miracle-Ear
Your hearing. Your life.
BROCKTON/EASTON
776 Belmont St.
meoffer.me/brockton
CODE: DC639226



*Our hearing evaluation is always free. Not a medical exam. Audiometric test to determine proper amplification needs only, not a medical exam.

Brockton Council on Aging

10 Father Kenney Way
Brockton, MA 02301

Announcements



Brockton Firefighter Peter Reardon named 2026 Fire & Life Safety Educator of the Year! Peter hosts a monthly fire safety seminar here at the BCOA. Next time you see him, be sure to congratulate him on this well-deserved honor!

On behalf of Family and Community Resources Inc. (FCR) in Brockton, the Women's Circle is collecting food pantry donations!

FCR strives to create a safe and welcoming environment for survivors of trauma. Donations go directly to supporting those in need in times of crisis.

We are currently looking for:

Snacks and Breakfast:
- Mac and cheese cups
- Fruit Cups
- Granola bars
- Oatmeal
- Pancake mix
- Snack Packs
- Crackers
- Trail Mix
- Crackers
- PB & J
- Tea and coffee
- Boxed Milk

Hydration and Baby Food:
- Baby food/formula
- Bottled Water
- Sports drinks
- Freeze Pops

Proteins and Dinner:
- Canned fish/chicken
- Pre-cooked sausages
- Spam and jerky
- Rice and beans
- Pasta and sauce
- Ramen
- Microwaveable meals
- Canned fruit/veggies

Cooking Essentials/Storage
- Cooking oil
- Spices/seasonings
- Condiments
- Plastic cutlery
- Ziploc bags
- Plastic containers
- Napkins

We are collecting donations until November 30th. Any contributions are greatly appreciated!

Veterans: Avoid These Scams It's Easy as 1, 2, 3!

Three Popular Scams:

1. **Fake Benefits Assistance:** Scammers pose as VA representatives and charge fees to help with benefits or disability claims. Initial VA claims are free.
2. **Overpaid Benefits:** Scammers claim you owe money for an overpayment and demand immediate payment or personal information.
3. **Pension Poaching:** Fraudsters promise to increase your VA pension benefits for a fee and may encourage you to hide assets. This can lead to loss of benefits and repayment.

Three Ways to Protect Yourself

1. **Don't Pay For Your help:** The VA and accredited representatives can help with initial claims for free.
2. **Verify Before Acting:** Don't click suspicious links or call numbers provided in unexpected messages. Call the VA at 1-800-827-1000.
3. **Guard Personal Information:** Never share personal, financial, or VA login information through unsolicited emails or texts.

Three Resources to Get Help

1. **Veterans, Service Members, Families Fraud Evasion (VSAFE):** Call 833-38V-SAFE or visit VSAFE.gov
2. **VA Office of Inspector General (OIG) Hotline:** Call 1-800-488-8244
3. **Accredited Representative Search Tool**: Visit VA.gov

Let's celebrate together!

HOLIDAY Party

December 10th

12:00 PM - 2:00 PM

LOCATION: THE SHAW'S CENTER
1 Feinberg Way, Brockton, MA

Enjoy a delicious three-course roast beef lunch
& live music by Chuck Palmer

$15 per person

Sign up & pay at the Front Desk! Seating is limited and filled on a first-come basis.
Priority is given to Brockton Seniors.



Board Members

- Jeanne Fuller-Jones, *Chair*
- Faye Slayton, *Vice Chair*
- Henry Soones, *Secretary*
- Robert Graham, *Treasurer*
- Harriet Beasley
- Paul Beckner
- Carol Delorey
- Mary James
- Gerald Koelsch
- Anne Mccormack
- Marge Shepard

Alternates
- *3 Vacancies*

The Board of Directors will meet:
Date: November 2nd
Time: 10:00 AM
Location:
10 Father Kenney Way
Brockton, MA 02301

Elder Abuse Hotline
1-800-922-2275
Please use this number any time day or night to report suspected elder abuse

Emergency Hotline
508-941-0292

988 SUICIDE & CRISIS LIFELINE