

**Breakfast**

Breakfast is the most important meal of the day and many seniors I have worked with often skip it. If you break down the word it is technically divided into two words **break the fast** since it is the first meal of the day after you have broken the fast from an eight hour period more or less of not eating. Breakfast is often considered in this country as cereal and milk and possibly fruit or eggs and toast and orange juice but it can include many more foods than that! In fact some people dislike many traditional American breakfast foods so they basically skip it and often then drink just coffee or tea or juice and they are missing out! It's best to consume breakfast to give you energy and nutrients for the day since meals later can often be skipped too or kept to a snack since energy wanes through out the day for food preparation for many of us. I have written below some examples of some breakfast combinations below. It is important to select some source of protein at breakfast and this could be eggs, nut butter or nuts or seeds, dairy such as milk, yogurt or cottage cheese or some meat or poultry or fish. Protein is important to maintain blood sugar levels as well as provide strength and nutrients for your bones and muscles.

**Breakfast ideas:**

- 1) Yogurt and fruit with nuts or seeds or a smoothie with yogurt, fruit or vegetable and nut or seed butter. Milk can also be included in smoothie
- 2) Grilled cheese sandwich on whole grain bread with slice of tomato or other vegetables
- 3) Eggs with vegetables and cheese (optional) and whole grain toast and leftover preferably fruit instead of juice to obtain fiber for proper digestion, more nutrients and to prevent constipation.
- 4) Whole grain pancakes with applesauce and or maple syrup and yogurt
- 5) Cottage cheese and fruit and crackers or slice of whole grain toast
- 6) Leftover casserole that might contain chicken, turkey or meat or beans leftover pasta dish with meat, fish, cheese, chicken, turkey and/or vegetables
- 7) Soups with meat or chicken or dairy and vegetables
- 8) Pancakes or French toast or waffles and fruit or applesauce and yogurt
- 9) Peanut or almond butter or sunflower butter sandwich with jam or sliced bananas, apples or cucumbers

- 10) Deviled eggs or hard boiled eggs with some vegetable or fruit
  - 11) Oatmeal or other hot cereal with fruit or raisins and nuts or seeds and milk
- Hopefully this gives you some ideas for different breakfasts that are fairly simple.

Remember the main thing is to eat something in the morning so you have energy to prevent falling and keep your brain alert as well as get nutrients.

**Travel:**

At this time we will not be doing any trips. We hope you all continue to safely explore your surrounding towns.



**Movie Matinee**

(Fee is by Donation)  
 We will be continuing to offer our Movie Matinee on **Thursdays beginning at 1:00 p.m.** at the Brattleboro Senior Center. Come join us in the lounge area as we sit back and enjoy a weekly film!  
**\*\*Reservations required: Please call 802-257-7570 to reserve your spot.\*\***

- October 1st- Stage Fright (NR)
- October 8th- Ghostbusters (PG)
- October 15th- Rififi (NR)
- October 22nd- Night at the Museum: Secret of the Tomb (PG)
- October 29th- Rocky Horror Picture Show (R)



**Brattleboro Senior Center**  
 Monthly Newsletter



**Hours of Operation:**  
**Monday-Friday**  
**9 am- Noon &**  
**1 pm-5 pm**

(802) 254-5808

207 Main Street Brattleboro, Vermont

www.brattleboro.org

‘Like’ us on Facebook at  
 “Brattleboro Senior Center”

**Hours of Operation:**  
**Monday-Thursday**  
**9 a.m. to 4 p.m.**  
**Friday 9 a.m. to 1 p.m.**

(802) 257-7570

**October 2020**

*The Gibson-Aiken Center of Brattleboro is open to all Seniors. Program costs are based on a not-for-profit concept. There are NO dues or fees for membership; donations are welcome. The mission of the Brattleboro Senior Center is to provide activities, programs and services that will enhance the quality of life for the Senior Citizens residing in the Brattleboro area.*

**BRATTLEBORO SENIOR CENTER**

Sarah Clark Assistant Director,  
 Recreation & Parks Department

Doug Morse Custodian

**Call- 802-257-7570**  
**Email- sclark@brattleboro.org**  
**For more information visit-**  
 www.brattleboro.org

*Follow us on Facebook at*  
*“Brattleboro Senior Center”*

**BRATTLEBORO SENIOR MEALS**

- |                 |                 |
|-----------------|-----------------|
| Chris McAvoy    | Director        |
| Ray Bronson     | Kitchen Manager |
| Dean Lafayette  | Assistant Cook  |
| Ray Kellett     | Kitchen Aide    |
| Susan Campbell  | Kitchen Aide    |
| Mary Ellen Houk | Kitchen Aide    |
| Gino Butler     | Volunteer       |
| Howie Metzner   | Volunteer       |

Visit our website:  
 Call- 802-257-1236  
 www.brattleboroseniormeals.org

**Attention Patrons:**

**The Brattleboro Senior Center will be CLOSED October 12th, 2020 in observance of Indigenous Peoples' Day.**

**Resources**

- 1) **Brigid's Kitchen**, St. Michael's Church, 47 Walnut Street, Brattleboro 802-254-6800 or 802-558-6072. Grab-and-go lunches and fruit/nuts on Mon, Weds, Thus, and Sat, 11:30 am-12:20 pm.
- 2) **Loaves and Fishes**, Centre Congregational Church 193 Main Street, Brattleboro (802) 254-4730, Tues Grab-and-go lunches on Tuesdays and Fridays at noon.
- 3) **Foodworks**, the food shelf program of the Groundworks Collaborative https://groundworksvt.org (802) 490-2412, ccolascione@GroundworksVT.org Households in need of food are asked to call or email to coordinate delivery.
- 4) **Senior Solutions**, 1-802-885-2669 or 1-866-673-8376. https://www.seniorsolutionsvt.org/
- 5) **Vermont Center for Independent Living (VCIL)** 1-800-639-1522 or 1-802-254-6851. https://www.vcil.org/



### MOW Changes

We hope to bring the Meals on Wheels pick up back into the Senior Center as the weather gets cooler. Check in at the My Senior Center kiosk volunteer check in will help us keep track of volunteer hours and be invaluable should contact tracing become necessary. It will also help us to maintain the temperature of the meals before they go on the road. Meal Drivers will need to be screened before they enter the Center, wear masks at all times and maintain social distancing while they are in the center. Brattleboro Senior Meals will continue to supply hand sanitizer and masks. If volunteers have issues with this or do not have a check in tag, please see Chris.

Mary Ellen Hauk will be joining our staff as a Kitchen Aide as Jubal Hays leaves to pursue a job delivering flowers. Chris McAvoy will be retiring in November 2020. There is currently a search for her replacement being conducted by the Brattleboro Senior Meals Board. If you have any questions, please contact the BSM Board by email at [info@brattleboroseniormeals.org](mailto:info@brattleboroseniormeals.org).

Thank you to all of our donors. We have raised over \$5,700.00 with our Appeal Letter.



### BSC Reminders

As the days get colder and programs begin to move indoors, we would like to take a moment and remind our patrons of the following:

- All patrons must have a scan card (they are free) to enter the facility. If you do not have a scan card, please contact Sarah Clark at 802-257-7570. The scan cards say "My Senior Center" and blue, green and white.
- Patrons of the Brattleboro Senior Center will not be allowed to enter or exit through the front door of the Gibson Aiken Center. All patrons must enter and exit through the door closest to the Senior Center Parking Lot.
- Patrons will be met by a staff member or a volunteer near the door. You will need to use your scan card at the computer and successfully sign in for the appropriate programs, so we have an accurate and complete list for contact tracing purposes. Everyone must also have their temperature taken daily.
- **If you would like to receive the monthly newsletter and other important information by e-mail please e-mail Sarah at [sclark@brattleboro.org](mailto:sclark@brattleboro.org) and provide your first and last name as well as a sentence stating you would like to be on the monthly email list.**

#### ♦ **Mixed Fiber Arts** (Fee is by Donation)

Join us **Tuesdays & Thursdays from 9:30 a.m. to 11:30 a.m.** at the Brattleboro Senior Center and bring in a fiber art project that you are working on. Crochet, knitting, Swedish weaving, hand sewing and more are all welcome. This group can provide help to fellow crafters who may be stuck, as well as provide a social and joyful experience to all who join. **\*\*Reservations required: Please call 802-257-7570 to reserve your spot.\*\***

#### ♦ **The Watercolor & Water Based Media Group** (Fee is by Donation)

The Brush and Palette Painters meet every **Monday and Wednesday from 10:00 a.m. to Noon**. On Mondays they meet at the Brattleboro Senior Center and on Wednesdays they meet at the Brattleboro Kiwanis Shelter or the Brattleboro Senior Center. This is a non-instructed group with a "workshop" approach and dedication towards improving one's skill. Newcomers and beginners are welcome. **\*\*Reservations required: Please call 802-257-7570 to reserve your spot.\*\***

#### ♦ **Oil & Sequencing Class** (Set fee)

Please contact Marilyn Allen, of the River Gallery School, for more information at 802-451-9223.

#### ♦ **Writing Group** (Fee is by Donation)

The Wednesday Writers' Group is a self-guided group of writers who meet every **Wednesday from 9:15 a.m. to 10:30 a.m.** at the Brattleboro Senior Center. This group contributes to local and various other publications. This group encompasses poetry, memoirs, songs and stories. All who have a desire to write are welcome! **\*\*Reservations required: Please call 802-257-7570 to reserve your spot.\*\***

#### ♦ **Quilting Group** (Fee is by Donation)

At this time the quilting group will not be meeting.

#### ♦ **T.E.L.L. Talk, Experience, Listen & Learn** (Fee is by Donation)

Join Sarah or a volunteer on **Wednesdays from 1:00 p.m. to 2:00 p.m.** at the Brattleboro Senior Center as we discuss various life and older adult related issues and topics. Bring things to talk about that you are struggling with, or help someone by coming in with a personal success story. Everyone is welcome! **\*Reservations required: Please call 802-257-7570 to reserve your spot.\***

#### ♦ **Monday Duplicate Bridge**

Currently not running due to COVID-19.

#### ♦ **Wednesday Duplicate Bridge**

Currently not running due to COVID-19.

#### ♦ **Thursday Bridge**

Currently not running due to COVID-19.

#### ♦ **Friday Bridge**

Currently not running due to COVID-19.

## Education & Specialty Programs

**The Great Courses**– Join us in the Lounge Area as we offer two different courses during the week. Each class will have a brief discussion after the half hour show.

<p>Mondays at 1:00 p.m. (Science &amp; History)-<b>The Big History of Civilizations.</b> <b>October 5th-</b> Lect. 8: The Downfall of Sumer <b>October 12-</b> CLOSED <b>October 19th &amp; October 26th</b>– NO CLASS</p>	<p>Tuesdays at 1:00 p.m. (Arts and Music)-<b>Masterpieces of the Ancient World</b> <b>October 6th-</b> <b>October 13th-</b> <b>October 20th &amp; 27th</b>– NO CLASS</p>
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### ◆ Medicare Minute

At this time there will be no Medicare Minute. For any questions or concerns with Medicare please feel free to contact Laura Bill from Community of Vermont Elders (COVE) and Senior Medicare Patrol (SMP) at 802-595-6077 or by email at lauraB@vermontelders.org.

### ◆ Blood Pressure Clinic with Rescue Inc

At this time there will be no Blood Pressure Clinic with Rescue Inc.

### ◆ Footcare Clinic

At this time there will be no Footcare Clinics. However, we are excited to announce that the VT/NH Traveling Nurses has decided to continue Footcare in the future.

◆ **Sarah's Spooktacular Halloween Event**– Join Sarah at the Brattleboro Senior Center on Wednesday, October 28th at Noon for spooky treats, apple cider, donuts and conversation! Participants can take treats to go or sit down at a table and enjoy the company of others. Please note that indoor seating is limited and social distancing is required. **To sign up and reserve your spot please call 802-257-7570.**



## October Menu

Mon	Tue	Wed	Thu	Fri
<p>All meals are served with 1% milk. Some special diets can be accommodated with advance notice.</p> <p>5. Vegetable Frittata Roast Potato Roast Squash Peaches Bread</p> <p>12. CLOSED FOR INDEGEIOUS PEPOLES DAY</p> <p>19. Pesto Pasta and Chicken Buttered Corn Brussels Sprouts Tropical Fruit Garlic Bread</p> <p>26. Beef Stew over biscuits Tater Tois Spinach Honey Dew Melon Rye Bread</p>	<p>Take out meals are available between 11:00 AM and 11:30 AM and can be arranged by calling 257-1236 before 9AM</p> <p>6. Meatloaf Mashed Potatoes &amp; Gravy Broccoli Cantaloupe Bread</p> <p>13. Shepherd Pie Peas and Carrots Green Beans Yogurt with Fruit Rye Bread</p> <p>20. American Chop Suey Roast Acorn Squash Oranges Garlic Bread</p> <p>27. Mac and Cheese Dill Carrots Peas and Pearl Onions Apples Bread</p>	<p>7.. Eggplant Parmesan with ricotta Ratatouille Garlic Bread Apple Crisp</p> <p>14. Roasted Pork with Gravy Garlic Mashed Potato Spaghetti Squash Apples Whole Wheat Roll</p> <p>21.. Beef Stroganoff over Spaghetti Squash Buttermilk Biscuit Carrots Honey dew</p> <p>28. Chicken Cacciatore O'Brien Potatoes Butternut Squash Chocolate Chip Cookie Garlic Bread</p>	<p>1. Roasted Chicken Spanish Potatoes Swiss chard Pears Whole Wheat Roll</p> <p>8. Flank Steak Baked Potato Roasted Zucchini Rye Bread Oatmeal Raisin Cookies</p> <p>15. Stuffed Chicken Baked Potatoes Roasted Zucchini Cherry Crumble</p> <p>24. Pulled Pork Seasoned Fries Apple Cake Corn Bread</p> <p>29. Turkey Meatloaf Mashed Potatoes Green Beans Bananas Rye Bread</p>	<p>2. Mac and Cheese Stewed Tomato Green Beans Pine apple Whole Wheat Bread</p> <p>9. Baked Stuffed Fish Citrus Rice with vegetables Pea and Onions Mandarin oranges Whole Wheat Bread</p> <p>16. Tuna Salad with onions and celery Sandwich Pasta Salad with veggies Cole Slaw Oranges</p> <p>Tilapia Parmesan Roast Sweet Potatoes Green Beans and Tomatoes Tropical Fruit Whole Wheat Roll</p> <p>30. Crab cakes on a bun Potato Salad Cole Slaw Cantaloupe Bread</p>

## Weekly Programs

### **Mondays:**

9:00 a.m.– Noon Pickleball  
 10:00 a.m.-Noon Watercolor Painting  
 1:00 p.m.-2:00 p.m. The Great Courses

### **Tuesdays:**

9:00 a.m.-11:00 a.m. Tennis at LMP  
 9:30 a.m.-11:30 a.m. Softball at WRP  
 9:30 a.m.– 11:30 a.m. Mixed Fiber Arts  
 1:00 p.m.-2:00 p.m. The Great Courses

### **Wednesday**

9:00 a.m.– Noon Pickleball  
 9:00 a.m.-10:00 a.m. Tai Chi  
 10:00 a.m.-Noon Watercolor Painting  
 10:30 a.m.-11:30 a.m. Country Line Dance  
 1:00 p.m.-2:00 p.m. T.E.L.L

### **Thursday**

9:00 a.m.-11:00 a.m. Tennis at LMP  
 9:00 a.m. Bowling  
 9:30 a.m.– 11:30 a.m. Mixed Fiber Arts  
 1:00 p.m.-2:30 p.m. Movie Matinee  
 2:00 p.m.-4:00 p.m. Pickleball

### **Friday**

9:00 a.m.-Noon Pickleball

### **FOLLOW US ON FACEBOOK**

Follow us on Facebook at “Brattleboro Senior Center”!  
 We post cancellations, updates and pictures from our events here!



## Special Monthly Programs

**Monday 12th-** Indigenous People’s Day  
 CLOSED  
**October 28th-** Sarah’s Spooktacular Halloween Event  
**October 31st-** Halloween



## Special Monthly Programs

**October 1st-** International Coffee Day  
**October 9th-** Fire Prevention Day  
**October 12th-** Indigenous People’s Day  
**October 25th-** World Pasta Day  
**October 31st-** Halloween



**October 5th-11th-** Active Aging Week  
**October 25th -31st-** Respiratory Care Week



**October-** National Dental Hygiene Month  
**October-** Eat Better, Eat Together Month  
**October-** Emotional Wellness Month



## Exercise & Sports

### ◆ **Pickleball** (Fee is by Donation)

Come join the crew year round and learn a new game suitable for most ability levels. Currently this group will be playing at the Living Memorial Park Fred H. Harris Tennis Courts! **Mondays:** 9:00 a.m. to Noon; **Wednesday:** 9:00 a.m. - Noon; **Thursdays:** 2:00 p.m.– 4:00 p.m.; **Fridays:** 9:00 a.m.– Noon. Please note that Indoor Pickleball times will be available beginning October 13th. For indoor Pickleball hours please email Sarah at sclark@brattleboro.org.  
 ~Schedule subject to change based on school cancelations, early releases, holidays and weather. Please contact Michael Hertz mjhertz@sover.net or Sarah Clark sclark@brattleboro.org with questions and to be added to the program email list.

### ◆ **Country Line Dance** (Fee is by Donation)

Join Richard & Margo for some fun Country Line Dancing Lessons on **Wednesdays from 10:30 a.m. to 11:30 a.m.** on the Brattleboro Senior Center Dance Floor. It is great exercise and lots of fun. No experience needed! **\*\*Reservations required: Please call 802-257-7570 to reserve your spot.\*\***

### ◆ **Tai Chi** (Set fee)

Tai Chi is a powerful tool in healing and strengthening the body, mind and spirit. Flowing movements improve balance, increase flexibility, joint mobility and reduce stress. Steve Greene is certified by the Arthritis Foundation in the instruction of Tai Chi for health and arthritis. Tai Chi will run on **Wednesday morning from 9:00 a.m. to 10:00 a.m.** on the Gibson Aiken Center Senior Center Dance Floor. The fee for a ten week session is \$50.00 for Residents of Brattleboro and \$75.00 for Non-Brattleboro Residents. Drop ins are welcome and cost \$5.00 a class for Brattleboro Residents and \$7.00 a class for Non-Brattleboro Residents. **\*\*Reservations required: Please call 802-257-7570 to reserve your spot.\*\***

### ◆ **Balance, Flexibility and Movement** (Set fee)

Currently not running due to COVID-19.

### ◆ **Strength Training** (Set fee)

Currently not running due to COVID-19.

### ◆ **Bowling** (Set fee)

A friendly group looking for beginners and experienced bowlers. Meet at Brattleboro Bowl, Putney Road at **9:00 a.m. on Thursdays** for three games for \$10.00. We are always looking for substitutes. For more information call Nancy Dalzell at 802-722-4020.

### ◆ **Tennis** (Fee is by Donation)

This group meets every **Tuesday and Thursday from 9:00 a.m. to 11:00 a.m.** at the Living Memorial Park Fred H. Harris Tennis Courts. All abilities are welcome and feel free to bring a friend!

### ◆ **Softball** (By Donation)

Bring your glove and join pick up softball practice and games on **Tuesdays at 9:30 a.m.** located at the West River Park on Route 30. Please note that Softball will be ending for the season on October 6th, 2020.