

# Welcome to the Florida Senior & Community Center



We are Open: Wed-Fri 9:00 to 3:00      Tel (413) 662-2448 ext 4 Fax (413) 662-2833

Email us @ [flaseniors.flamass@gmail.com](mailto:flaseniors.flamass@gmail.com)

**This newsletter is made possible by a grant from the Executive Office of Elder Affairs (“EOEA”) and support from the Town of Florida.**

**Just a reminder if school is closed due to poor weather so is the Senior Center.**

## Phone Numbers for the Florida Town Office

- 0 – Town Admin (Joan)
- 1 – Treasure/Tax Collector (Stephanie)
- 2 – Assessors
- 3 – Town Clerk (Lisa)
- 4 – Senior Center (Sue and Joyce)
- 5 - Town Garage (Jim)
- 6 – Fire Dept. (Mike G.)

**If you are interested in contacting the library call 1-413-664-0153**

**Just a reminder if the school is closed so are we.**

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**October Birthdays:** So the leaves are falling and pumpkins are smiling so the leaves are nature's confetti and the grins are all to celebrate your wonderful lives. So Happy Birthday to all!

**What's new with Verizon? They have decided they want us to go back to calling them directly with complaints about landline phone service or lack thereof. So let's see how that goes 1-800-837-4966. It's toll free so make those calls. Keep me posted as to how it goes.**

**DON'T FALL FOR IT:** I've been seeing signs around saying don't send money or money cards such as Visa to anyone you don't know...so DON'T! Even if you only know them in passing don't donate to them in any form. There is a whole network of individuals out there that make calls or send letters asking for money or money cards for this or that. This or that always sounds like a good cause but it's actually for their own pockets. Please, don't give to anyone or anything that isn't a known quantity.

**CENTER NEWS:** Busy, busy month. Pay close attention everyone's trying to get here before snow. The Center will not be opening until 1 on the 3<sup>rd</sup> of October there is a conference that we will be attending on fraud and scams. On the 9<sup>th</sup> we have a guest speaker coming to discuss medicare options for both those of us who are currently on medicare and those who will be soon so come listen in. There is an outing to Vermont Country Store on the 16<sup>th</sup> leaving at 9:30, you need to sign up for it. On the 24<sup>th</sup> is the flu clinic, again please, sign up. This does not include all our other normal programs. So come on in and have a coffee, visit and participate. We can't wait to see you.

**What's up here?** Everything! People are back to work and it's taking 4 grandkids to babysit Gramma! 4 because 5 is back in school. We're into homeschooling, harvesting, pumpkins (which by the way didn't grow this year), ghosts and scarecrows. Of course, I'm prepping for Birthdays, Halloween and Thanksgiving. I love this time of year! Neil says I'm going to need supervision at least until after Christmas! Hope you have a great month!

**How many words can you make out of the word?** Jack-o-lantern

**Word Power:** Tsundoku is buying books and letting them pile up without reading them...it's ME!

**New Word...** librocubicularist and it means....

**Trivia Everyone Never Needed to Know...** Did you know that the Supreme Court and the NBA have something in common? Both have a basketball court...the Supreme Court's in on the 5<sup>th</sup> floor.

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It is illegal to wake up a sleeping bear in Alaska. What scares me is this happened so often they had to make it a law!

New Zealand's 90 mile beach is only 55 miles long. Apparently who ever named it was not strong in math! It wasn't me!

**Health Fact:** Sesame seeds offer a multitude of health benefits from protecting bones to lowering blood pressure so toss a few into your salad, use a dab of sesame oil to make a dressing or sprinkle a few seeds on your veggies.

**Man Tip:** Have some plastic garage bag rolls sitting around taking up space? Put up a pair of curtain rod hooks, spaced apart the width of the bag roll. Slide roll onto a wooden dowel cut to just a couple inches longer than the roll. Place into curtain rod hooks. Up out of the way but still handy.

**In the Kitchen:** Cry every time you cut up onions? Wipe a film of olive oil or canola oil on knife blade. Problem solved...don't wipe oil off until done cutting.

**Household Tip:** Trash bag keeps falling into the can? Stick a self sticking plastic hook pointing down on front and back of trash can. Now put the bag looping ties or handles into the hook.

**How about a Recipe:** Bok Choy and Mushroom Stir Fry: In a large fry pan pour in  $\frac{1}{4}$  cup water and bring to a boil and add baby bok choy. Cover and let steam for 30 seconds. Stir, recover and steam until bok choy has softened. Remove from pan and wipe pan clean. Add oil, onion, garlic and mushrooms pan and cook until onion clear and mushrooms done. Mix in bok choy and stir fry sauce of choice. Warm through and serve alone or on rice. You can play with this recipe adding a meat or fish of your choice. This is a very diet friendly recipe since you control the ingredients used.

**Dessert:** Cool Whip Cookies : Mix a 15oz cake mix with 1 egg and 1 container of cool whip. Hand fold everything together \*do not use and electric mixer, you don't want to deflate the whipped cream. Once there is no cake powder left unmixed. Drop by tbsp. onto a lined baking pan. You can roll them in powdered sugar first if you wish. Bake at 350 for approximately 10 minutes. I have never tried this with sugar free whipped topping and sugar free cake mix so if you do let me know how it comes out.

**LET'S LAUGH (OR AT LEAST SMIRK):** Know how you get up in the morning and just can't get going...well, I now know why roosters start the day by screaming! They haven't had any coffee yet. I'm okay once I get my coffee. I don't care if it's decaf, I know that the most important meal of the day is my coffee! Once I get coffee into my system my super powers kick in and I can get

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dressed! So before you ask me anything of importance you may want to make sure I've had coffee.

**LET US END ON THIS NOTE...** Dieting is hard, being fit is hard...saving money is hard, spending all your money is hard...communicating is hard, keeping it all to yourself is hard...life is hard so choose your hard wisely.

Remember if you have any questions, concerns or suggestions for The Senior Center feel free to contact one of the Council on Aging Members: Mae Embry – Priscilla Brayman – Ruth Boyce –

Sarah Maclennan - Patricia Tovani – Lisa Brown - Tim Zelzo – Debra Welch – Sue Fulton -

Director: Suzan Oleson - Assistant Director: Joyce Van Tilborg

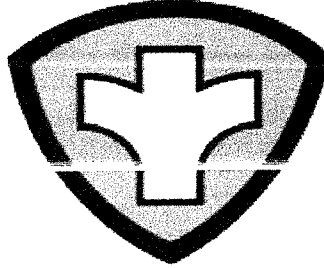
# FLORIDA SENIOR CENTER

## OCTOBER 2024

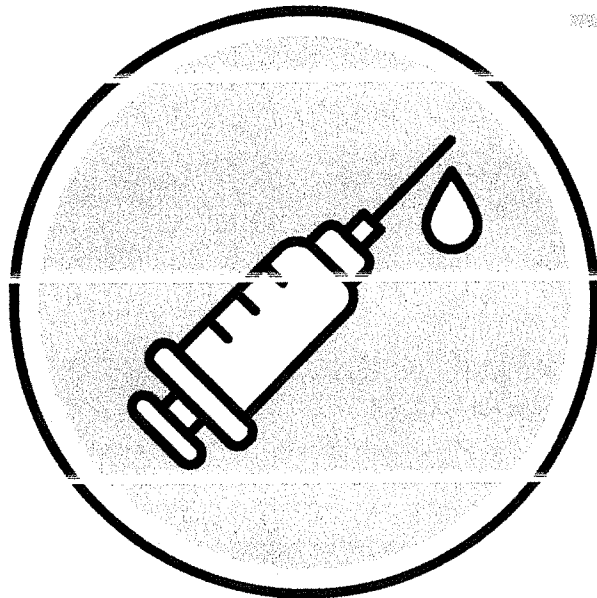
SUN	MON	TUES	WEDNESDAY	THURSDAY	FRIDAY	SAT
		1	2 9:00 ADMIN  10:00 Friends Mtg.  11:00 COA Mtg.	3 <b>Center will be closed until 1:00 PM</b> <b>Attending a Fraud Seminar in North Adams</b>	4 11:00 Gentle movement Chair exercises  12:30 BINGO	5
6	7 FOOT CLINIC	8	9 10:00  MEDICARE PROGRAM	10 10:00 Knit & Crochet  11:00 Come watch a movie, we'll have the pop corn	11 11:00 Gentle movement Chair exercises  12:30 BINGO	12
13	14	15	16 9:00 ADMIN  Outing to the Vermont Country Store (We leave the Center at 9:30 sharp)	17 11:00 <b>Talk of the Town</b> Come in and reminisce and socialize with your neighbors <b>6:30 Evening Yoga with Lisa Tanner</b>	18 11:00 Gentle movement Chair exercises  12:30 BINGO	19
20	21	22	23 9:00 ADMIN 11:00 Gentle movement Chair exercises 11:30 Talk about your favorite book or what you're currently reading.	24 11:00 Coffee is on!!  12-2:00 Pm <b>FLU CLINIC</b>  <b>6:30 Evening Yoga with Lisa Tanner</b>	25 11:00 Gentle movement Chair exercises  <b>BROWN BAGS</b>  12:30 BINGO	26
27	28	29	30 9:00 ADMIN 11:00 Gentle movement Chair exercises 11:30	31 11:00  Men and Women's Social hour.  Stay and work on a puzzle		

**NOTE** No Chair exercises on 10/2 and on 10/9 Remember the Flu Clinic on 10/24 from 12 until 2 pm. The 17<sup>th</sup> and the 24<sup>th</sup> Lisa will resume the Evening Yoga, off on the 31<sup>st</sup>. These date and times are subject to change.

Berkshire  
Public Health  
Alliance



# FLORIDA COUNCIL ON AGING VACCINE CLINIC



THURSDAY,  
OCT. 24

**FLORIDA COUNCIL  
ON AGING**  
379 MOHAWK TRAIL,  
DRURY  
12:00PM TO 2:00PM

*Nurses will do their best to abide by the registration appointment schedule;  
unregistered clients will be vaccinated as time and supplies allow.  
Please wear short sleeves.*

**PLEASE PRE-REGISTER**

by visiting this website:

[https://home.color.com/vaccine/register/berkshire?](https://home.color.com/vaccine/register/berkshire?site=florida-senior-center)

[site=florida-senior-center](https://home.color.com/vaccine/register/berkshire?site=florida-senior-center)

or by scanning the QR code

