

# 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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**December Birthdays:** Here we are with leaves gone, noses freezing and holiday lights! Those lights are your birthday candles (well, we can pretend and I'm not sure anyone wants that many candles). Enjoy the beauty of this season and have a magical Birthday!

**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:** There are going to be too many scams out there to even name so check your credit card statements thoroughly, donate only to established familiar charities (Salvation Army, Popcares, local churches), and before you believe that random phone call saying someone's in jail call them or their immediate family before sending money. Don't let someone you never met ruin the holidays for you.

**CENTER NEWS:** We're decking the halls and getting geared up for the big day with making a decoration on the 11<sup>th</sup>, then the Christmas party and on the 18<sup>th</sup> we'll be helping you wrap your presents (so bring up your gifts and we'll spend some time together wrapping. We will be taking the last 2 weeks of December off to let everyone celebrate with their families. So everyone enjoy.

**What's up here?** Let's see I'm trying to find all the gifts I've been hiding since last January! Yes, I could hide my own gifts! No joke! House is decorated (I love Christmas decorations!), getting ready to feed everyone. Making sure everything is either fenced in or tied down because of the littlest family members...it's not so much to protect them as much as to protect everyone and every thing else! Love them but I've got a couple of little tree climbers! Well, I'm going to enjoy the tree climbers, the almost teenagers, the one in between and everyone else. Then I'm going to rest...a lot!!! So have a wonderful Christmas and a great New Year!

**How many words can you make out of the word?** Stocking Stuffers

**Word Power:** Antidaephobia is the fear that somewhere, somehow a duck is watching you!

**New Word...** Smyster and it means....

**Trivia Everyone Never Needed to Know...** Xmas started in with the Greeks in the 1500s. In their language X was used for Chi and was used to refer to Christians.

During WWII special decks of cards were sent to POWs. What was so special about them? When they got wet they revealed maps of escape routes. Now that's a great gift!

Washington Irving was the first person to mention flying reindeer...he also came up with Sleepy Hollow's Headless Horseman! Go figure.

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**Health Fact:** Best health tip ever! Drink hot chocolate! Dark chocolate is best. Hot chocolate is full of antioxidants, improves blood flow to the brain and is a great antidepressant! Just watch the sugar content but indulge. Happy Holidays!

**Man Tip:** If your wife talks you into a real Christmas tree before you set it up put a plastic tablecloth under it. This will protect the floor from water damage and scratches but it will also catch the majority of the needles for easier clean up.

**In the Kitchen:** Don't have any yeast to do your holiday baking? Mix 1 Tbsp of baking soda with 1 tsp of lemon juice this equals 1 Tbsp of yeast. Also if you make homemade cranberry sauce make it ahead of time it freezes well for up to 2 months.

**Household Tip:** Want the house to smell like the holidays add cinnamon sticks, orange slices, cloves and if possible a pine branch to a pan of hot water.

**How about a Recipe:** Forgot rolls for the holidays ... mix 1 c each of self-rising flour and Greek yogurt. Roll into equal sized balls and place on greased baking sheet. Bake at 350 degrees for 19-22 minutes.

Need gluten free let's make Popovers: In a muffin tin place 1 /2 tsp butter or coconut oil in each cup (skip if using a liner). Melt butter in oven. In blender or food processor mix 4 eggs, 1/2c milk of choice and 3 Tbsp coconut flour. Before pouring into pan pulse one more time. Pour into muffin tin filling each cup ½ full. Bake at 425 for 20 minutes, brown and cooked through. Do not open door while cooking or will fall. These will deflate as they cool so enjoy warm.

**Dessert:** Let's make Hot Chocolate! Heat 1 and ½ c of water. Pour water, 2 Tbsp heavy cream, 1 Tbsp dark cocoa powder and ½ tsp stevia or sugar into blender. Blend until frothy. Can substitute coconut cream for heavy cream.

**LET'S LAUGH (OR AT LEAST SMIRK):** So the holidays are here and I've cleaned the house. Everything has been put in that safe place (you know the one where things go to never be found again, at least, not till you've bought at least 3 more) so I can not find a thing. So you can imagine how excited I was when I got a call saying a hacker had found all my information! I immediately asked them if they could please tell me what my passwords were so I could write them down...again!

**LET US END ON THIS NOTE...** Let this season show each and everyone of us the joy and magic a child sees in it.

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 –


# **Welcome to the Florida Senior & Community Center**

Sarah MacLennan - Patricia Tovani – Lisa Brown – Wanda McNary – Debra Welch – Sue Fulton -

Director: Suzan Oleson - Assistant Director: Joyce Van Tilborg

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DECEMBER 2024

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 <b>FOOT CLINIC</b>	3	4 9:00 ADMIN 11:00 Chair Yoga 11:30 Decorate and set up Center for the Christmas Party	5 10:00 Let's work on a puzzle or a game of your choice 11:30 Stay for some ADULT coloring . We have books and supplies`	6 11:00 Gentle Movement Chair Exercises  12:00 BINGO	7
8	9	10	11 9:00 ADMIN  11:00 Chair Yoga  11:30 Making a seasonal Decoration	12 ***** 11:00 Gentle Movement Chair Exercises  12:00 BINGO  6:45 YOGA	13 11:30 CHRISTMAS PARTY 	14
15	16 BROWN BAGS	17	18 9:00 ADMIN  11:00 Chair Yoga  11:30 Gift Wrapping	19 10:00 Come in for a cup of coffee and socialize 11:00 BOOK DISCUSSION Tell us about a book you just read and what you liked about it	20 11:00 Gentle Movement Chair Exercises  12:00 BINGO	21
22	23	24	25  Merry Christmas  CENTER	26  WILL BE	27  CLOSED	28
29	30	31  Happy & Healthy 2025	1 New Year's Day CENTER	2  WILL BE	3  CLOSED	

1. We will raffle off a Christmas Turkey

\*\*\*\*\* Exercises and Bingo are moved to Thursday because of the Christmas Party on Friday