

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 @ flseniors.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

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November Birthdays: The leaves have fallen, the air is crisp and we're ready to wish you a very happy birthday, so ENJOY!

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: Someone is calling around saying they are from Verizon and they're changing the phone service or they are not going to be servicing the town anymore. Don't fall for it! Do Not give them any information! Verizon would send you an official letter. If you get a call like this and you are unsure contact Joannie at the town office 413-662-2448 ex 0. She will know if the town is getting any changes.

CENTER NEWS: Come see us we'll show you how to make homemade cranberry sauce on the 13th and bread in a jar on the 20th. We're sharing turkey recipes on the 7th and having a potluck on the 14th. On the 7th and 21st we're getting started on those knit and crochet gifts so bring your projects and come join us. The week of Thanksgiving we will not be open so everyone come visit before then we want to see you all.

What's up here? Here we are getting ready for Thanksgiving already! That means I need to think about feeding people (not random strangers but family, at this point it seems like they'd know better). Need help getting ready for the holiday...buy turkey burgers now! They freeze well and with a little cranberry sauce you're golden. Buy extra cranberry sauce that's all everybody wants anyway. Just kidding, now's the time to pull out all those old family traditions and make memories. So enjoy every moment...I will.

How many words can you make out of the word? Pumpkin pie

Word Power: Librocubicularist again it's me! A person who reads in bed.

New Word... Antaideaephorbia and it means....

Trivia Everyone Never Needed to Know... We're not the only ones to celebrate Thanksgiving. A portion of Australia also celebrates Thanksgiving.

Jingle Bells was originally a Thanksgiving song!

Which president was the first to pardon a turkey? George H.W. Bush.

Health Fact: Which foods are best for your arteries; garlic, grapes, concord grape juice, olive oil, green tea, strawberries and sweet potatoes. So just add these to your diet and you've done something to improve your health. How easy is that?

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Man Tip: Cleaning the car and you can't get into the vents to remove dust from them? Use a sponge paintbrush with a little cleaner on it. The brush will fit right in there and get the job done.

In the Kitchen: What is that smell coming out of your fridge? You've removed everything and washed it out. Fill a container with a vented lid with old coffee grounds into a container placed it in the refrigerator. The coffee will absorb the odor.

Household Tip: Shoes smelling funky? Put a dryer sheet in each one.

How about a Recipe: Lo Mein : In a skillet cook onion, peppers (red and green), mushrooms, and broccoli. Once tender add 3 cloves of minced garlic, 2 Tbsp soy sauce or coconut aminos, 1 Tbsp of rice vinegar, 1 tsp of brown sugar or sugar free brown sugar, 1/8th tsp dried ginger. Cook 30 secs stirring constantly. Add pasta noodles and cook about 2 minutes more. Top with sesame oil and seeds. You can add meat to this if you like or choose different vegetables. Very easy, very versatile.

Dessert: Orange Cake: Thaw one large can of oj. Once thawed dump into a 9x13 baking pan. On top of this you will dump a just add water angel food cake mix (don't make the cake just dump the powder on), stir the 2 ingredients together. Once mixed well bake at 350 degrees until done about 35 minutes. Cool and serve with whipped topping.

LET'S LAUGH (OR AT LEAST SMIRK): Okay, let's all agree that they need to reinvented the GPS for seniors. I need one that gets me to my destination and then reminds me why I wanted to go there in the first place. Tell me which pocket I put my keys in when I left the store so I don't look like I'm doing a body search in the parking lot. Oh and it would also be good if when I come out of the store it would yell "Hey, over here!" instead of later insisting I'm taking the wrong road home.

LET US END ON THIS NOTE... Let's go back to enjoying, stargazing, sitting by bonfires, relaxing with a cup of tea, a good book and music and skip the social media.

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

The Friends of the Florida Council on Aging are inviting you to our Christmas Party, which this year will be held on Friday, December 13, 2024 at the Senior Center. Due to the rising prices, there will be a charge of \$5.00 per person.

The meal will be catered by Boston Seafood and will start promptly at 12:00. Please try to arrive at the Center between 11:30 and 12:00 in order for all to be seated prior to serving the meal.

We ask you kindly to call the Senior Center during the hours we are open, (Wednesday, Thursday or Friday between 9:00 and 3:00 pm) to give us your name and number of people attending (MAX 50).

We need to have a final count of attendees NO LATER THAN Friday, December 6, 2024 at 3:00 pm, in order to give Boston Seafood our final order.



Merry Christmas!