



*The Senior Center is open  
Wed - Fri 9:00 a.m. to 3:00 p.m.*

*EMAIL: [flaseniors.flamass@gmail.com](mailto:flaseniors.flamass@gmail.com)  
PHONE: 662-2448 extension 4*

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**TOWN OFFICE PHONE NUMBER: 662-2448**

To reach a specific office press

- 0 - *Town Administrator (Joan Lewis)*
- 1 - *Treasurer - (Stacey Abuisi)*  
*Tax Collector - (Stephanie Pare)*
- 2 - *Assessor's Office (Krista Bishop)*
- 3 - *Town Clerk (Lisa Brown)*
- 4 - *Senior Center (Sue Oleson &  
Joyce VonTilborg)*
- 5 - *Town Garage (Jim White)*
- 6 - *Fire Department (Mike Gleason)*

**BOARD of HEALTH - 662-2448**  
**FLORIDA LIBRARY - 664-0153**  
**TOWN ACCOUNTANT - 662-2448**  
**(Melanie Medon)**

This newsletter is made possible by a grant from the Executive Office of Elder Affairs  
and support from the Town of Florida.

**\*\* When the school is closed due to inclement weather, so is the Florida Senior Center.**

# Welcome to the Florida Senior & Community Center

**April Birthdays:** April is here and with are all your special days. Here's hoping you have a wonderful Birthday filled with sunshine and good friends and family. Happy Birthday!

**What's knew with Verizon? They have decided they want us to go back to calling them directly with complaints about landline phone service or lack there of. 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.**

**CENTER NEWS:** We're back getting ready to enjoy the weather and hoping to see you all at the Center for coffee, tea and a great visit. You don't need an excuse to come visit just come. There will always be a cup of coffee here for you. If you have any programs you'd like to see at the Center let us know. We're open to suggestions.

**What's up here?** It's April already! How did we get a third of the way through the year?! I knew I should have left that tree up! Get out of the house, come visit! We're offering so many social, come and chat groups, so why not join us. You've been stuck in the house for sooo long, time to come out and visit.

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

**Word Power:** Dimfungled means a worn out, exhausted.

**New Word...** foofaraw and it means.... (my grandmother used to say this all the time)

**Trivia Everyone Never Needed to Know:** I use interrobangs a lot. They're a question mark followed by an exclamation point.

In Japan, Dominoes used reindeer to deliver pizza!

Walt Disney was afraid of mice! That's right mice sooo he invented Mickey Mouse.

**Health Fact:** Need more potassium in your diet but want more than bananas. Add zucchini, chocolate, pumpkin seeds, blueberries, peanut butter and oranges. There is so much more but this will get you started.

**Man Tip:** Need to clean up and get those shovels up out of the way? Drill a hole in the handle and insert a zip tie and fasten leaving a loop in the the tie. You can now hang the shovel up using the zip tie loop.

**In the Kitchen:** Out of cupcake or muffin liners? Make them cut 5" squares of parchment paper for regular size muffins and 6" for extra large. Insert into cupcake pan and fill. Problem solved.

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**Household Tip:** Organize your scarfs by putting shower rod plastic rings onto a hanger. Just slide a scarf through each plastic loop. Done.

**How about a Recipe:** Don't want to cook Meatball Grinders: Dump frozen meatballs (can be vegan) into a crockpot and 1 jar sauce cook on high until meatballs heated through. Open roll add cheese of choice and meatballs with sauce. Super easy.

**Dessert:** Easy Peasy Brownies: Mix together 1 c Nutella (or nut butter of choice or sunbutter but add 2- 3 tbsp of cocoa to batter), 2 eggs and ½ c flour. Pour in greased 9x9 pan bake at 350 degrees for 20-25 minutes. Cool and enjoy. Need gluten free? Mix gluten free brownie mix with 15 oz can pumpkin puree (not pie filling). Bake as for Easy Peasy brownies only line a 8x11 pan with parchment paper.

**LET'S LAUGH (OR AT LEAST SMIRK):** I drink a lot of water each day. They say water is good for you so I follow the rules and drink a lot of water. Of course, it's filtered through coffee grounds otherwise I can't make coherent sentences!

**LET US END ON THIS NOTE...** Stay positive, work hard and shake things up!

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 – Wanda McNary – Debra Welch – Sue Fulton -

Director: Suzan Oleson - Assistant Director: Joyce Van Tilborg

THANK YOU FRAN for your assistance with the Newsletter.

# Welcome to the Florida Senior & Community Center

APRIL 2025

| SUN                              | MON                                  | TUE | WED  | THU  | FRI  | SAT |
|----------------------------------|--------------------------------------|-----|--|--|--|-----|
|                                  |                                      | 1   | 2  | 3<br>10:00<br>Knit or Crochet<br>11:00<br>Lets work on a puzzle or play a game of your choice                | 4<br>11:00<br>Gentle Movement<br><br>12:00<br>BINGO                    | 5   |
| 6                                | 7<br>6:30<br>Evening Yoga with Lisa  | 8   | 9<br>9:00<br>ADMIN<br><br>10:00<br>Friends Mtg.<br><br>11:00<br>COA Mtg.   | 10<br>10:00<br>Come in for coffee and socialize<br>11:30<br>Do some Adult Coloring                           | 11<br>11:00<br>Gentle Movement<br><br>12:00<br>BINGO                   | 12  |
| 13                               | 14<br>6:30<br>Evening Yoga with Lisa | 15  | 16<br>9:00<br>ADMIN<br>11:00<br>Chair Yoga<br>11:30<br>Come watch a movie, we'll serve the pop corn                      | 17<br>10:00<br>Coffee is on!<br><br>11:30<br>Let's cook up something for lunch & share the results.          | 18<br>11:00<br>Gentle Movement<br><br>12:00<br>BINGO                   | 19  |
| 20<br>E<br>A<br>S<br>T<br>E<br>R | 21<br>NOTE                           | 22  | 23<br>9:00<br>ADMIN<br>11:00<br>Chair Yoga<br>11:30<br>Talk of the Town. Come and reminisce. Refreshment will be served. | 24<br><br>10:00<br>Coffee is on!<br><br>11:30<br>Come and share your favorite recipe or book you are reading | 25<br>11:00<br>Gentle Movement<br><br>BROWN BAGS<br><br>12:00<br>BINGO | 26  |
| 27                               | 28<br>6:30<br>Evening Yoga with Lisa | 29  | 30<br>9:00<br>ADMIN<br>11:00<br>Chair Yoga<br>11:30<br>POT LUCK (Pls. sign up  |  |  |     |

NOTE: There will no Evening Yoga tonight