



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

*EMAIL: 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
(Rebecca Choquette)**

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

Welcome to the Florida Senior & Community Center

May Birthdays: It's May already! My how time is flying by this year! I guess we were just in a hurry to wish you a Happy Birthday! So Happy Birthday here's hoping it's the best ever!

People are still asking what to do about their Verizon phone service, so this is what we've been told call 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.

Now FARE FREE for all NON-ADA communities!

Already approved? Just schedule your rides!
Complete our application to become approved.
Any questions, call 499-2782 Ext. 2868

**This pilot program runs
April 1 – June 30, 2025**

**Communities include: Alford, Becket,
Clarksburg, Egremont, Florida, Hancock,
Monterey, Mt. Washington, New Marlborough,
Otis, Peru, Richmond, Savoy, Sheffield, West
Stockbridge, Washington, Windsor.**

CENTER NEWS: So here we are enjoying the lack of snow and the joy of green grass... sort of. Of course, we'll all be complaining about having to mow the lawn so I have a solution! Come to the Center enjoy a coffee or tea and a visit with friends. We're working on finding new programs of interest to you so if there is something you'd enjoy let us know. We'll be glad to give most programs a try. IN July we are hoping to have a small car show, Chinese auction with hot dogs for sale on a Saturday from 10 to 2. We'd love to have you come check it out.

What's up here? Well, Christmas lights are gone but I put up fairy lights (I'm blaming my youngest granddaughter because she loves lights...okay so do I!). We're prepping for summer looking at where the turnips are going to go, fencing, letting animals out and the list goes on and on and on. I'm trying to figure out where I can fence in grandchildren outside...in the shade...with toys...yeah, I don't know.

How many words can you make out of the word? Flower garden

Word Power: Foofaraw means a great fuss over nothing.

New Word... tickety-boo and it means....

Welcome to the Florida Senior & Community Center

Trivia Everyone Never Needed to Know: Jellyfish are not fish...they're plankton, no bones, no brain, no heart.

7 different states claim the Cardinal as their state bird, Illinois, Indiana, Kentucky, North Carolina, Ohio, Virginia and West Virginia!

Silent reading is a new phenomenon, as in the Middle Ages only highly educated individuals could do it!

Health Fact: Prone to bladder issues? Eat blueberries. Bladder infection mix 2 Tbsp cinnamon powder with 1 tsp honey in lukewarm water, drink up. These ingredients destroy bad bacteria.

Man Tip: Outside mowing the lawn, working in the garden, just enjoying the outdoors and the ticks! Yeah, ticks! If you get a tick on you DO NOT just pull it out! Soak a cottonball in dishsoap and dab it liberally onto the tick. The tick after a few moments will back out and you can safely remove it.

In the Kitchen: Love those hamburgs in the spring and summer but hate making them. Save 2 round, plastic deli lids. Wash and dry them. Place a ball of hamburger, turkey burger or ground meat of choice between two lids and press them together until you get the patty thickness you want. Burger made now just cook them.

Household Tip: Need Clorox wipes and are out. Mix 1 c water, 2 tsp each bleach and dish soap put in spray bottle and use with paper towels.

How about a Recipe: Quick Sauteed Asparagus and Mushroom: Break off woody ends of asparagus and cut into 2" pieces. Sautee in olive oil until starting to soften. Toss mushrooms in soy sauce or coconut aminos then add to asparagus. Cook until tender. Slide mix to sides of pan add 1 tsp butter into center along with 2 cloves minced garlic, cook until fragrant and mix all together, cook 1 more minute. You may eat as a side or add meat to mixture to make a complete meal.

Dessert: Easy Cream Pie: Mix with a electric mixer 1 and ½ (8oz) containers of whipped topping with 2 small packages of jello (any flavor), pour into an already prepared pie shell and chill for 1 and ½ hours. The beauty of this recipe is you can use sugar free whipped topping and jello, you can use coconut whipped topping if lactose intolerant, you can use a graham cracker pie shell or a nut or coconut pie shell. Quick, easy and great for any diet.

LET'S LAUGH (OR AT LEAST SMIRK): I thought I should finish with a word on chocolate. They say eating too much chocolate will take years off your life, but let me point out that dinosaurs did not have chocolate and where are they now? I wrote a paper years back on the health

Welcome to the Florida Senior & Community Center

benefits of chocolate so if you need back up as to why you need chocolate I'm the person to call. Besides it's getting warmer out and that chocolate's going to melt so quick eat it!

LET US END ON THIS NOTE... Remember life is short so eat the chocolate!

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.

Senior News

SCAMS ... SCAMS ... AND MORE SCAMS

Social Security and IRS Scams ...

The victim receives a text message or email that appears to be from the IRS stating that you are eligible for a \$1,400 Economic Impact Payment. You must provide personal or banking information to receive it. The scammer claims the money will be deposited into your bank account or mailed as a check within one to two business days.

The victim receives an email which carries the subject line "Claim Benefits" and it falsely claims that the recipient must apply for their 2025 Social Security benefits. Again, you're asked to provide personal/banking information.

In both instances you're directed to a fraudulent website that looks like SSA's official page designed to steal that information. It closely mimics SSA but is actually a personal or non-government account. (Legitimate government agencies always use ".gov" email addresses.

SSA advises the public to delete any unsolicited email claiming to be from the agency. DO NOT click on the links, respond to texts or engage with phone calls or letters that seem suspicious.

Two more scams to watch out for ...

The US Postal Inspection Service (USPIS) is warning customers that fraudsters send fake texts and emails that appear to come from USPS. The messages often claim that a package is delayed or that a payment is due, directing recipients to click a link that steals personal information.

DO NOT click on links in unsolicited USPS texts or emails. If you are expecting a package, track it only through the official USPS website. Here again, never share personal or financial information via text or email.

The NORTH ADAMS POLICE DEPARTMENT is warning people that area residents are receiving calls claiming to be from the department soliciting contributions. The Police Dept. nor its Police Association are actively pursuing any fundraising activity at this time.

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DON'T GET LEFT OUT IN THE COLD! Check now into applying for fuel assistance for the 2025-26 heating season which starts in November 2025.

Income guidelines will be available in the Fall. Call Berkshire Community Action 413-445-4503 or go to their website <https://toapply.org/BCAC> for information.

2025 Dog Licenses are available from Town Clerk Lisa Brown at the Town Offices on Wednesdays from 5:30 to 7:30 p.m. As of June 15th, a late fee of \$10.00 will be charged for dog licenses purchased after this date.

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Comments made in 1957 ...

It won't be long before young couples are going to have to hire someone to watch their kids so they can both work.

The drive in restaurant is convenient in nice weather but I seriously doubt they will ever catch on.

No one can afford to be sick anymore. \$35 a day in the hospital is too rich for my blood.

I'll tell you if things keep going the way they are, it's going to be impossible to buy a week's groceries for \$20.00

I'm afraid to send my kids to the movies any more. Ever since they let Clark Gable get by with saying "damn" in "Gone With the Wind" it seems every new movie has "damn" or "hell" in it!

Did you see where some baseball player just signed a contract for \$75,000 to play ball? It wouldn't surprise me if someday they'll be be making more than the President.

A POEM ABOUT LIFE AS IT WAS ...

We met and married a long time ago. We worked long hours when wages were low. No telly, no bath, for times were hard. Just a cold water tap and a walk in the yard.

No holidays abroad, no carpets on floors; we'd put coal on the fire and didn't lock doors. Our children arrived (no pill in those days). We brought them up without any State aid. Our children were safe going out to play. And old folk could go for a walk in the dark

No valium, no drugs and no LSD. We cured most of our ills with a good cup of tea. No vandals, no muggings (not much to rob). We felt we were rich with a couple of bucks. People seemed happier in those far off days, kinder and caring in so many ways.

Milkmen, breadmen and paperboys would whistle and sing. A night at the pictures was quite a mad fling. We got our share of troubles and strife. But we had to face it ... the Pattern of Life.

May 2025

SUN	MON	TUE	WED	THU	FRI	SAT
				1 10:00 Come in for a cup of coffee 11:30 Let's do some knitting or crocheting	2 11:00 Gentle Movement 11:30 BINGO	3
4	5 6:30 Evening Yoga with Lisa	6	7 9:00 ADMIN 10:00 Friends Mtg. 11:00 COA Mtg.)	8 11:00 Gentle Movement 12:00 BINGO	9 10:30 Mother's Day Brunch Please sign up	10
11 Mothers Day	12 6:30 Evening Yoga with Lisa	13	14 9:00 ADMIN 11:00 Chair Yoga 11:30 Talk of the Town. Come and reminisce growing up in Florida	15 10:00 Come in for a game , puzzle or movie. We'll have coffee and/or popcorn	16 11:00 Gentle Movement 11:30 BINGO	17
18	19 6:30 Evening Yoga with Lisa	20	21 9:00 ADMIN 10:30 Chair Yoga 11:00 We'll take a ride up to Williamstown and have lunch at Ramunto's	22 10:00 Coffee is on! 11:00 Let's play Scrabble	23 11:00 Gentle Movement BROWN BAGS 12:00 BINGO	24
25	26 6:30 Evening Yoga with Lisa	27	28 9:00 ADMIN 11:00 Chair Yoga 11:30 POT LUCK LUNCH (Pls. sign up)	29 10:00 Coffee is on! 11:00 Book and/or Recipe swap. Bring your favorite items	30 11:00 Gentle Movement 12:00 BINGO	31

NOTE: For the ride to Williamstown on the 21st, please be on time we. We will share rides if you want to, but we leave right at 11:00 sharp.