

*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*

=====

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

June Birthdays: June is here and gardens are in with things popping up all over including June Birthdays! Here's hoping your birthday is full of sun, good surprises and joy so Happy Birthday from all of us at the Center to all of you!

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.

CENTER NEWS: Heads up! There will be a fun day at the Center July 19th...yup, it's a Saturday from 10 till 2 we will be hosting a small car show, Chinese auction and lunch will be available for purchase! There will be a rain date of the 26th. Come join us before that preferably but then too. We would love to see you!

At the end of this letter you will find information about BRTA rides for the town of Florida if you are interested the forms are available at the Senior Center.

What's up here? Fences are done, cows are out, calves are born and up running around just like my grandchildren, I am trying to figure out how to fence them in. The cows and goats I've got fenced in, the kids are a little bit harder (especially since the 1 and ½ year old is a climber)! I should get this figured out just about November when it starts snowing again! I joke that when my son and daughter were little we had a cattle dog and I always knew where the kids were because the dog had them in a circle somewhere in the yard. Hmmm, maybe I need another cattle dog. (It's a joke but it's also true! She kept them herded together in the yard.)

How many words can you make out of the word? Weeding

Word Power: tickety-boo (love words like this!) means fine or okay.

New Word... skookum and it means....

Trivia Everyone Never Needed to Know: Flamingoes can only eat when their head is upside down!

The area on earth suitable to grow coffee is called the Bean Belt!

NASA has two satellites following each other around the world they are referred to as "Tom and Jerry"!

A group of humming birds are called a Charm!

Health Fact: Blueberries are a super food but did you know they are much better for you frozen. Freezing them enhances their health properties!

Welcome to the Florida Senior & Community Center

Man Tip: Outside still mowing the lawn, zip tie a clean vegetable can to the lawn mower handle. You now have a water bottle holder. Stay hydrated!

In the Kitchen: Have tons of green onions and don't want them to go to waste. Cut clean, dry greens into useable pieces and dump into a clean, dry water bottle, seal and freeze. Now you have green onions whenever you need them. No running to the store to get them.

Household Tip: Noticed your silver is tarnished...line your sink with aluminum foil, add ½ c each of table salt and baking soda, dump in hot water. Add your silver to it and wait 30 minutes. Tarnish will transfer to foil. Rinse, dry and all done.

How about a Recipe: Broccoli Blueberry Salad: Dump chopped broccoli and cleaned blueberries into a bowl, add sunflower or pumpkin seeds to mix with some diced onion. In a separate bowl stir together mayonnaise (can use vegan) with couple tablespoons of apple cider vinegar, sweeten with sugar or sugar substitute to taste. The dressing is a by taste mix as some people like it extra tart while others like it extra sweet. Pour over broccoli mix stirring well. If you like you can add chicken or chickpeas to this for a complete meal.

Dessert: Blueberry Sauce: In a sauce pan dump 2 c. blueberries (fresh or frozen), ¼ c of water bring to a boil. While waiting for it to boil mix ¼ c sugar with 1 tbsp cornstarch or 2 tbsp flour. Stir into hot mixture cooking 1 more minute to thicken. Remove from heat and stir in 1 tbsp lemon juice. If going sugar free use sugar free substitute and ½ tsp xanthan gum with 2 tbsp lemon but add everything to pan in beginning cook on medium heat for approximately 10 minutes. Serve warm or cooled on cakes, ice cream, pancakes or even chicken! Enjoy.

LET'S LAUGH (OR AT LEAST SMIRK): After listening to 3 different weather reports I've decided I'm ready for the day I have my flipflops on, sunscreened myself, have a sunhat and sunglasses, have a glass of ice tea but in the car I've packed a raincoat, rubber boots, an umbrella and brought a hot chocolate in case!

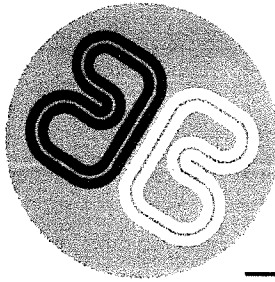
LET US END ON THIS NOTE... Enjoy every moment!

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.



Berkshire Regional Transit Authority (BRTA)
1 Columbus Avenue Suite 201 Pittsfield, MA 01201
413-499-2782 800-292-2782

Dear Applicant:

An application for the BRTA Medical Transportation for Seniors in Rural Areas is enclosed. Please answer all questions. Incomplete applications will be returned and not considered submitted until complete.

Email, mail, or hand deliver the application to BRTA.

Email: julie.davine@berkshirerta.com

BRTA, 1 Columbus Avenue, Suite 201, Pittsfield, MA 01201

Once the application is processed, BRTA will reach out to you and if accepted, transportation scheduling can begin.

This medical transportation program is for seniors, 60 years+, living in the following rural areas:

Alford, Becket, Clarksburg, Florida, Hancock, Monterey, Mount Washington,
New Ashford, Otis, Richmond, Savoy, Washington, and Windsor

Operating hours are Monday – Saturday, from 7 AM – 6 PM. Pricing is BRTA Non-ADA base fare \$7.50 and \$2.50 for each additional town of travel. Fare is paid online through RM Pay (please see RM Pay brochure). Drivers cannot accept fare payment.

Reservations are accepted in advance for up to fourteen (14) days, between 8:00 AM and 5:00 PM Monday-Saturday, excluding holidays, at least one day before the requested trip date, at (413) 499-2782 ext. 3. Proof of identification using a current license, state ID, or passport will be required on every trip. There are no same-day bookings available for this program.

For questions or assistance in completing your application, please call BRTA at (413) 499-2782 or (800) 292-2782.

Sincerely,
BRTA ADA Coordinator

WELCOME TO THE FLORIDA SENIOR & COMMUNITY CENTER

June 2025

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 FOOT CLINIC 6:30 Evening Yoga with Lisa	3	7 9:00 ADMIN 10:00 Friends Mtg. 11:00 COA Mtg.)	5 10:00 Coffee is on! 11:00 Book and/or Recipe swap. Bring your favorite items	6 11:00 Gentle Movement 12:00 BINGO	7
8	9 6:30 Evening Yoga with Lisa	10	11 9:00 ADMIN 11:00 Chair Yoga 11:30 Talk of the Town. Come and reminisce growing up in Florida	12 10:00 Coffee is on! Work on the puzzle	13 11:00 Gentle Movement 11:30 BINGO	14
15	16 6:30 Evening Yoga with Lisa	17	18 9:00 ADMIN 11:00 Chair Yoga 1130 Let's go out for lunch/Place to be determined	19 10:00 Coffee is on! 11:30 Movie and popcorn	20 11:00 Gentle Movement 11:30 BINGO	21
22	23 6:30 Evening Yoga with Lisa	24	25 9:00 ADMIN 11:00 Chair Yoga 11:00 Finalize plans for the old car show and picnic in July	26 10:00 Coffee is on! 11:00 Let's play Scrabble	27 11:00 Gentle Movement BROWN BAGS 12:00 BINGO	28
29	30 6:30 Evening Yoga with Lisa					

NOTE: