



**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..

# Welcome to the Florida Senior & Community Center

**July Birthdays:** Have you ever seen anybody's birthday celebrated like this?! They're setting off fireworks to celebrate yours! Happy Birthday from all of us at the Florida Senior Center! Enjoy every minute.

**People continue asking me 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:** It's finally here! There will be a fun day at the Center July 19<sup>th</sup>...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! We will also be raffling off a cord of firewood, seasoned, cut and split for \$10 a ticket! Can't make that date stop ahead of time and purchase a ticket but we hope to see you there! The rain date will be the 26<sup>th</sup>. Come join us before that preferably but then too. See you there!

**What's up here?** Still no fence for the grandkids, still working on it though. Any suggestions? The older ones are enjoying the pool so I'm covered with them, the middle one stays near the sandbox but the youngest think the sand is a snack food!

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

**Word Power:** skookum means excellent or first rate.

**New Word...** sisu and it means....

**Trivia Everyone Never Needed to Know:** Approximately 150 million hot dogs are eaten on the 4<sup>th</sup> of July.

The designer of the 50 star American flag was a 16 year old student named Robert Heft.

John Adams is responsible for adding fireworks to the 4<sup>th</sup> of July celebration.

Salmon is a traditional 4<sup>th</sup> of July food in New England! Now that is a new one to me!

**Health Fact:** Need to stay hydrated but can't drink water or dislike water...cucumbers are 96% water so is iceberg lettuce and celery, tomatoes 94%. So eat salad!

**Man Tip:** It's tick season and you are outside...take a piece of duct tape the size of your ankle and wrap it around your ankle sticky side out. Repeat on the other ankle. Ticks climb up the leg so they get stuck in the tape and don't make it any further.

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**In the Kitchen:** Need to cut up hotdogs for in a casserole or baked beans use your egg slicer for uniform slices!

**Household Tip:** Everyone's coming to your house to celebrate and you need a good cleaner and are out. Make your own Mr. Clean sponges. For 2 sponges you need ½ cup warm water, 1 tsp borax and 1 tbsp salt. Stir to mix well. Soak sponges in mixture until saturated. Do not ring out. Use immediately or let dry to use later.

**How about a Recipe:** Make a large green salad adding hydrating vegetables. Make it your salad adding beans, mushrooms, meats, sky is the limit! You can use cooked vegetables or onions and peppers. This is an easy meal buy prewashed, precut veggies so you just dump and good.

Let's make salad dressing sooo easy. Ranch: ½ c. mayo and sour cream, ¼ c water, ½ tsp dried dill, 1 Tbsp dried parsley and chives, ¼ tsp salt and 1/8 tsp pepper. Add all to a jar, cover and shake well.

Easy Italian Dressing: 1Tbsp mayo, 1 scant tsp Dijon mustard, ½ tsp salt, 1 tsp Italian herbs, ¾ tsp sugar (or sugar substitute that is a 1:1 option), 2 Tbsp vinegar and 5 Tbsp olive oil. In a jar with cover mix mayo and mustard, add everything except oil using a fork stir in circular motion slowly adding in oil. Cover and shake vigorously. (Making salad dressing in a jar is a great way to relieve stress! Just shake the heck out of it!) Salads can be one of the easiest cook free meals you can make year round.

**Dessert:** 2 Ingredient Cookies: Preheat oven to 350 degrees. Toss 2 medium ripe bananas and 1 and ½ c of unsweetened coconut into a food processor. Process until smooth and well mixed. Drop by Tbsps onto parchment lined pan and bake for about 17 to 20 minutes. All done, enjoy.

**LET'S LAUGH (OR AT LEAST SMIRK):** Was thinking about the way it was when I was a child...you remember when your pizza box didn't have to tell you to open the box before you ate it! Your grandmother told you a "swap on the butt only realigns the brain"! In high school I was excited to be a senior! Yeah, those were the days.

**LET US END ON THIS NOTE...** The days seem long but the years just fly by! Make sure you enjoy every day.

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.

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## JULY 2025

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2 9:00 ADMIN  11:00 Gentle Movement  12:00 Let's Play Scrabble	3 11:00 Gentle Movement  12:00 BINGO	4 HAPPY 4 <sup>TH</sup>  CLOSED FOR THE HOLIDAY	5
6	7	8	9 9:00 ADMIN 11:00 Chair Yoga  11:30 AGING WELL	10 11:00 Gentle Movement  12:00 BINGO	11 10:00  Prepare for the Chinese Auction	12
13	14	15	16 9:00 ADMIN 11:00 Chair Yoga 11:30 Prepare for the Chinese Auction	17  10:00 Coffee is on!  CLOSE AT 11:00	18 11:00 Gentle Movement  12:00 BINGO	19 10:00 To 2:00 CAR SHOW AND LUNCH
20	21	22	23 9:00 ADMIN 11:00 Chair Yoga 11:30 Talk of the Town. Come and reminisce. Refreshment will be served.	24  10:00 Coffee is on!  11:30 Come and share your favorite recipe or book you are reading	25 11:00 Gentle Movement  BROWN BAGS  12:00 BINGO	26
27	28	29	30 9:00 ADMIN 11:00 Chair Yoga 11:30 POT LUCK (Pls. sign up			

**NOTE:**

Rain date for the Car Show will be the following Saturday, 7/26

**JOIN US AT THE SENIOR/COMMUNITY  
CENTER IN FLORIDA, MASSACHUSETTS**

**ON**

**SATURDAY JULY 19<sup>TH</sup>**

**FROM 10:00 UNTIL 2:00**

**FOR**

**OUR FIRST CAR SHOW  
AND CHINESE AUCTION**

**(Rain date will be Saturday, July 26<sup>th</sup>)**

**A Hot Dog lunch and refreshments are available for sale.**



# PRICE LIST

## TICKETS (Inside)

Cord of dried and split wood	\$10.00	( 1 ticket)
Chinese Auction	\$ 5.00	(25 tickets)

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## 50/50 (Outside)

An arms length -	\$ 5.00
A car's length -	\$20.00

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## FOOD ITEMS

Hot Dogs	\$2.00
Coffee, Water, Soda	\$1.00
Dessert Items	\$1.00

