



*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)

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and support from the Town of Florida..*

Welcome to the Florida Senior & Community Center

August Birthdays: It's August time for picnics, cookouts and to celebrate birthdays! So enjoy a hotdog, a huge ice cream sundae and have a wonderful Birthday! Wishes for a Happy Birthday from all of us at the Florida Senior Center!

We continue to get calls about 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: If you didn't come to the Saturday car show/ Chinese Auction you don't know what you missed...so much fun! It was a huge hit! We had people stop by from all over...New Hampshire, Rhode Island and Lunenburg, Mass were just a few!

We laughed, we joked, we ate and many of us won prizes!

What's up here? Apparently I'm raising free range grandchildren...you guessed it still no fence.

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

Word Power: sisu means Having grit, not giving up.

New Word... Mallifuff and it means.....

Trivia Everyone Never Needed to Know: The first frisbee was a pie plate.

August 8th is International cat day, August 10th is National S'mores' Day and August 13th celebrates individuals who are left handed! Now those are holidays!

India celebrates Independence Day on August 15th.

Health Fact: Make sure you wear good sunglasses when you go outside as you can actually sunburn your eyes! Especially if you have blue eyes!

Man Tip: Working on a deck or something with a wooden floor and want the boards evenly spaced? Place a couple of large nails between the board already nailed in place and the one to be nailed down next. This will keep your spacing even.

In the Kitchen: Want to get more juice out of the fresh lemon? Microwave it for 15 to 30 seconds, then roll it in your hands. This will help it to release more juice.

Household Tip: Hate gnats in the house? In a jar mix apple cider vinegar, a bit of sugar and dish soap. Mix well, cover jar with plastic wrap securing with a rubber band. Using a toothpick punch small holes in plastic and place jar where gnats seem to be the most annoying.

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How about a Recipe: Southwestern Pasta Salad: Mix together cooked macaroni, black beans, corn, cherry tomatoes, peppers, and chopped cilantro (Optional). Make dressing of Ranch dressing mixed with taco seasoning, lime juice and hot sauce if desired. Mix well and top off with cheddar cheese and tortilla chips crushed.

Not into interested in this one... Tortellini Tuna: Mix cooked tortelli with tuna, cherry tomatoes and dress with vinaigrette of choice. Cool, refreshing and easy.

Can't have the pasta substitute cooked cauliflower.

Dessert: Whipped Lemonade: Pour 1 and ½ c of ice cubes in blender with ¼ c each of heavy cream, lemon juice and sweetened condensed milk. Blend on high speed. Enjoy! No it's not low calorie!

Need lactose free or low carb have a Lemonade Slushie: add 1c. ice cubes, ½ c water and ¼ c lemon syrup to blender and mix well. How do you make lemon syrup? In a small pot add 1/3 c of water, 1 c of allulose, ½ tsp stevia powder cook over low heat until everything has dissolved. Remove from heat and add 1 c lemon juice with zest from 1 lemon. If you want just lemonade add ¼ c of syrup to 1 c cold water.

LET'S LAUGH (OR AT LEAST SMIRK): Does anyone else have that little voice in their head that when you see chocolate says "Eat the chocolate" ? No, then I guess you don't have the other one that says "You heard her... eat the chocolate!" I hear it more now that it's hot out because you don't want the chocolate to melt...right?

LET US END ON THIS NOTE... If something doesn't make you feel fabulous...don't do it...don't say it...don't buy it...just don't. You desire fabulous.

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

August 2025

SUN	MON	TUE	WED	THU	FRI	SAT
					1 11:00 Gentle Movement 12:00 BINGO	2
3	4 FOOT CLINIC	5	6 9:00 ADMIN 11:00 Chair Yoga 11:30 ICE CREAM SOCIAL Bring the kids	7 11:00 Coffee is on! 12:00 Work on a puzzle or play a game of your choice	8 11:00 Gentle Movement 12:00 BINGO	9
10	11	12	13 9:00 ADMIN 11:00 Chair Yoga 11:30 Let's watch a movie We have the popcorn	14 10:00 Coffee is on! 11:00 It's cool here, come and socialize.	15 11:00 Gentle Movement 12:00 BINGO	16
17	18	19	20 9:00 ADMIN 11:00 Chair Yoga 11:30 Talk of the Town. Come and reminisce. Refreshments will be served.	21 10:00 Coffee is on! 11:30 Let's try a recipe swap again, i.e. cooking for one or two, Gluten free, Sugar or salt free. Etc.	22 11:00 Gentle Movement BROWN BAGS 12:00 BINGO	23
24	25	26	27 9:00 ADMIN 11:00 Chair Yoga 12:00 SCRABBLE TIME!	28 11:30 POT LUCK (Pls. sign up Let's try different salads	29 11:00 Gentle Movement 12:00 BINGO	30/31

NOTE: Our building is airconditioned, so if you want to get out of the heat come and visit us, it is cool here.