

Welcome to the Florida Senior & Community Center



We are Open: Wed-Fri 9:00 to 3:00 Tel (413) 662-2448 ext 4 Fax (413) 662-2833

Email us @ flaseniors.flamass@gmail.com

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

Just a reminder if school is closed due to poor weather so is the Senior Center.

Phone Numbers for the Florida Town Office

- 0 – Town Admin (Joan)**
- 1 – Treasure/Tax Collector (Stephanie)**
- 2 – Assessors**
- 3 – Town Clerk (Lisa)**
- 4 – Senior Center (Sue and Joyce)**
- 5 - Town Garage (Jim)**
- 6 – Fire Dept. (Mike G.)**

If you are interested in contacting the library call 1-413-664-0153

Just a reminder if the school is closed so are we.

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September Birthdays: The nights are cooler and the leaves more colorful but not as cool and colorful as You! Happy Birthday to everyone born in September!

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: It's been a fun, busy summer and we hope you all enjoyed it as much as we did. Keep your eye on the calendar we will be having some interesting programs coming up...like a spaghetti supper September 17th from 5-7 for just \$10 a plate! Please, make reservations, we're at the Center Wed.-Fri. so give us a call so you don't miss out. Now that I've told you when we're open I want you to know the Center will be closed Thursday the 18th and Thursday the 25th but before and after those 2 dates we're open.

What's up here? One of the 5 free range grandchildren has returned to school. The rest are still running loose and homeschooling is back in full force! Does anyone out there remember how many planets there are and their names?! How about the continents and oceans?

How are your times tables? Mine were never the best. When my kids were in school, my daughter used to say I was the wrong parent to ask about math....As a matter of fact....she still says that. Oh, well, life goes on and I'm doing math!

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

Word Power: Mallifuff means utterly devoid of energy.

New Word... Thunderplump and it means....

Trivia Everyone Never Needed to Know: Did you know otters have a pocket in their fur that they keep a special stone in?! They may frequently change stones or they may keep the same stone for a lifetime.

Many pirates wore eyepatches to maintain their night vision! By keeping one eye covered or closed during brightly lit times that eye will be able to see well in the dark.

Ears of corn always have even numbers of rows.

Health Fact: Eat pumpkin seeds! They help reduce bad cholesterol, are good for the prostate, reduce inflammation reducing arthritis pain, prevent kidney stones and aid with sleep. This is just a few reasons to eat pumpkin seeds so eat up!

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Man Tip: Have a really tight screw and need a little more pressure to loosen. Fit screwdriver in screw, then slide screwdriver handle into a box end wrench that fits the handle. Now you will have the extra you need. Didn't you know that

Screwdrivers were designed to fit into box end wrenches for this specific purpose?!

In the Kitchen: Hate peeling garlic? Cut the root end off. Lay both ends flat (Cut sides down) then hit with flat edge of knife blade. The garlic separates out and you are good to go.

Household Tip: Do you have one of those old box graters? Don't ever use it. Hang it upside down on wall block hole in handle end. You can now use it as a utensil holder and hang a towel from the handle.

How about a Recipe: Veggies Fajitas: Sauté zucchini, summer squash, onion, julienned carrots, mushroom in oil. Fill warm tortillas with mixture and top with cheese of choice, salsa and sour cream. This is a great recipe since you can add meat, make it nondairy, use

low carb tortillas or put on top of rice or riced cauliflower. Perfect for any diet.

Dessert: From a Mix Mug Cake: Grease a microwave safe mug. Mix together ½ c cake mix, 3 Tbsp milk and 2 Tbsp oil in mug. Microwave for 1 min and 30 secs or until done. Top with powdered sugar, cinnamon sugar, frosting, whipped cream or ice cream.

For a Keto, Nut free or sugar free dessert option, grease microwave safe mug. In mug mix 1 egg, 2 Tbsp sweetener and 2 Tbsp cocoa powder. Once mixed well, microwave 1 minute. Enjoy.

LET'S LAUGH (OR AT LEAST SMIRK): So this is one of those days where I can't remember anything. I've determined that since I have to be right on top of the 1 and ½ year old I am always thinking like a 1 and ½ year old. Ever watch a toddler?

They flit from one thing to another, drop things in the middle of doing them, move on to something else and forget what they were doing. That's where my brain is these days so I have multiple projects half done in the house; my coffee is poured but not finished, laundry is half in and half out of the washing machine because I got a phone call and forgot the wash to go make my coffee! So if we're taking and I suddenly interrupt you with some random thought it's because I'm really excited that I remembered something adult and don't want to forget it when I go to finish my coffee or is it the wash!

LET US END ON THIS NOTE... Things don't make you happy, other people can't make you happy. Happiness is a choice make it your choice!

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 –

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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.

VETERANS' SERVICES NEWSLETTER

www.northadams-ma.gov

Hover over Government Dropdown

Click Veterans' Services

Kurtis Durocher- District Director

Tina Samson- District Administrative Assistant

HAVE YOU RECEIVED YOUR BONUS?
If you lived in Massachusetts when you joined the Military then you more than likely have money waiting for you!!! Call our office today!!! 413-662-3040

★ ★ ★
MASSACHUSETTS
VETERANS'
BONUS
DIVISION



Choose VA

Veteran Identification Card
Ryan Guina



**WANT A VETERAN ID TO GET
THE DISCOUNTS YOU EARNED
AND DESERVE????? CALL OUR
OFFICE TODAY!!!**

UPCOMING EVENTS

**Sep 25th- Coffee and Donuts @ North Adams
Elks- 10am-1130am- Speakers TBD**

**Oct 24th- Pizza and Salad @ North Adams
Legion- 1130am-1230pm- Speakers TBD**

**Dec 13th- North Adams Legion- 10am-1pm
Free for Veterans and 1 Guest- Prize
Giveaways- FREE BREAKFAST**

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SEPTEMBER 2025

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3 9:00 ADMIN 10:00 Friends Mtg. 11:00 COA Mtg.	4 10:00 Lets work on a puzzle or play a game of your choice 11:00 Work on a crochet or knit project for the holidays	5 11:00 Chair Yoga 12:00 BINGO	6
7	8	9	10 9:00 ADMIN 11:00 Chair Yoga 11:30 MICROPLASTICS and YOUR HEALTH	11 10:00 Come in for coffee and socialize 11:00 We'll take a ride and explore Shelburne Falls and the Bridge of Flowers. *	12 11:00 Chair Yoga 12:00 BINGO	13
14	15	16	17 9:00 ADMIN 11:00 Chair Yoga 11:30 Let's cook up something for lunch & share the results and the recipe ===== 5:00-7:00 Spaghetti Supper (\$10 pp) SIGN UP PLEASE **	18 CLOSED	19 11:00 Chair Yoga 12:00 BINGO	20
21	22	23	24 9:00 ADMIN 11:00 Chair Yoga 11:30 Talk of the Town. Come and reminisce. Refreshments will be served.	25 CLOSED	26 11:00 Chair Yoga BROWN BAGS 12:00 BINGO	27
28	29	30				

NOTE: Evening Yoga with Lisa Tanner will resume in October. The dates will be posted on the October calendar.

- We will leave the Center promptly at 11:00. Rides will be shared

** - You do need you to sign up for the Spaghetti Supper so that we know how much food we need to purchase. The meal will be \$10 per person, children under 12 are free. Call or come in to let us know if you are planning to attend.

FRIENDS OF THE FLORIDA COUNCIL ON AGING
IS
HOSTING A SPAGHETTI SUPPER

WHEN: Wednesday, September 17 from 5:00 to 7:00 pm @ the Senior Center

PRICE: \$10 per person, children under 12 are free



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Pls. call 413 662 2448 X4
To register