

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

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October Birthdays: This time of year is wonderful! The air is fresh and crisp! There is not a more colorful time of year but what makes it even better is You have a Birthday now! Happy Birthday!

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: Hope you didn't miss last months spaghetti supper it was great! Thank you to everyone who helped with the supper! We're counting down now to all the holidays...Halloween, Thanksgiving...then Christmas. How'd I lose a whole Year?! Come see us in October so you don't miss out on the meet and greet with the Veteran's Affairs representative on the 8th at 11:30. Continuing in October on the 22nd at 11:30, we have BRTA coming to talk to everyone concerning their ride program...it's not just for medical appointments anymore. Then on the 29th starting at 12 ending at 2 is the flu clinic. Please, sign up for clinic if possible. We are purging some of our large exercise equipment. If you are interested in looking at it, please, give us a call or stop by when we are open. Now to the fun stuff, on the 15th at 11:30 there will be a demonstration on the Art of Card Making for when that unexpected event comes up and there isn't a card in the house. This is something you will want to see. So easy so fun. Then there is that day, the 16th at 11:00 when you've earned the right to come watch a movie with us and enjoy some free popcorn! Take a ride with us on the 23rd to Pine Hill Orchards to pick some fresh apples. Yum, the smell of fresh applesauce and apple pie... you've got to come for that. What better way to welcome fall. And last but not least, **Thursday the 30th we will be closed. Starting in November, we will be changing the days we are open to Monday, Wednesday and Friday, hours remain the same 9-3.**

What's up here? We're trying to finish up farm projects, fencing, gardens in and wood completed. It's that time of year when we have to hustle to beat the weather but I'm feeling like this whole year has been a hustle to beat the weather. What a crazy year!!!

How many words can you make out of the word? Pumpkin Pie

Word Power: Thunderplump means a sudden heavy downpour that comes out of no where. That just described last spring!

New Word... Huffle-Buffs 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.

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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, reduce arthritis pain, prevent kidney stones and aid with sleep. This is just a few reasons to eat pumpkin seeds so eat up!

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

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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 –

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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OCTOBER 2025

SUN	MON	TUE	WED	THU	FRI	SAT
			1 9:00 ADMIN 10:00 Friend Meeting 11:00 COA Meeting	2 10:00 Coffee is on!! 10:30 GAME DAY Let's play a game of Scrabble	11:00 Gentle Movement 12:00 BINGO	4
6	8 FOOT CLINIC 6:30 (1) Evening Yoga with Lisa	7	8 9:00 ADMIN 11:00 Chair Yoga 11:30 Meet and Greet visit from the office of Veteran Affairs	9 10:00 Coffee is on!! 11:00 It's getting cooler so let's knit or crochet those Afghans	10 11:00 Gentle Movement 12:00 BINGO	11
12	13 6:30 Evening Yoga with Lisa	14	15 9:00 ADMIN 11:00 Chair Yoga 11:30 The Art of Card making	16 10:00 Coffee is on!! 11:00 Come in and watch a movie, the pop corn is on us!	17 11:00 Gentle Movement 12:00 BINGO	18
19	20 6:30 Evening Yoga with Lisa	21	22 9:00 ADMIN 11:00 Chair Yoga 11:30 BRTA Transportation for Seniors will be on hand to answer any questions you may have. Refreshment will be served.	23 10:00 Coffee is on!! 11:00 (2) Let's take a ride to Pine Hill Orchards and pick up some apples and a bite to eat.	24 11:00 Gentle Movement BROWN BAGS 12:00 BINGO	25
26	27 6:30 Evening Yoga with Lisa	28	29 9:00 ADMIN 11:00 Chair Yoga 12:00 to 2:00 Flue Clinic Come and get your shots	Center Is Closed	31 11:00 Gentle Movement 12:00 BINGO	

NOTE: (1) Lisa Tanner is resuming the Evening Yoga

(2) We leave the Senior Center promptly at 11:00 am if your wish to join us. We will share rides.

PLEASE TRY AND COME TO THE INFORMATIONAL SESSIONS ON 10/8 AND 10/22 TO GET ANSWERS TO ANY QUESTIONS YOU MAY HAVE.