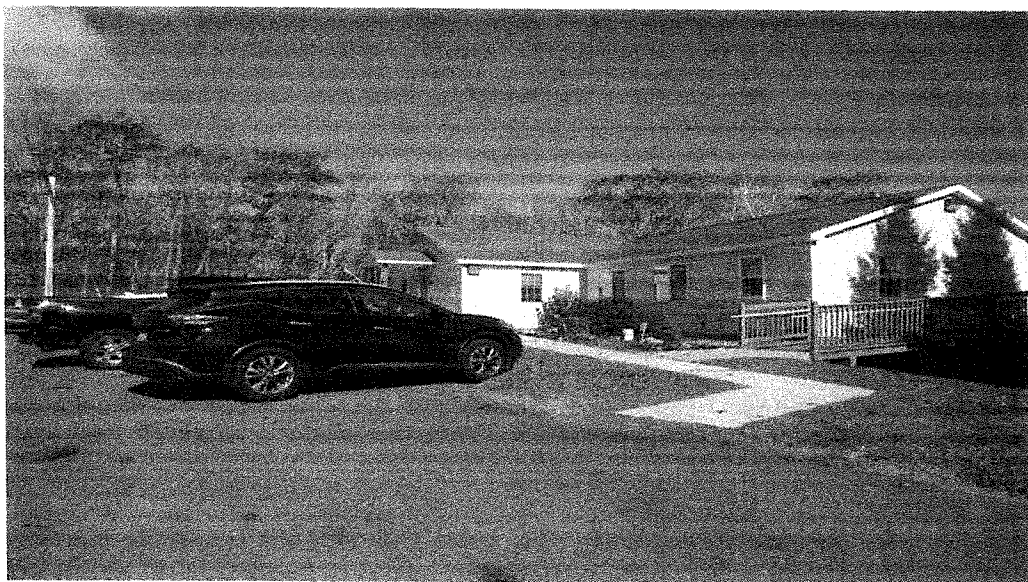




FLORIDA SENIOR NEWSLETTER

The Senior Center is open Mon, Wed, Fri - 9:00 a.m. to 3:00 p.m.

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TOWN OFFICE PHONE NUMBER

662-2448

For 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 - Highway Foreman (Jim White)*
- 6 - Fire Department (Mike Gleason)*
- 0 - Board of Health (Alfred Bedini)*
- 0 - Town Accountant (Rebecca Choquette)*

COUNCIL ON AGING

Ruth Boyce
Lisa Brown
Susan Fulton
Sarah MacLennan
Wanda McNary
Patricia Tovani
Debra Welch

EMAIL:

(flaseniors.flamass@gmail.com)

FLORIDA FREE LIBRARY - 664-0153

Heidi Dugal, Director

Welcome to the Florida Senior & Community Center

November Birthdays: There is so much to be Thankful for this month but let's start with your birthday. We're so thankful to have you as a friend and so glad you are celebrating another birthday, soooo... Happy Birthday!

CENTER NEWS: It's getting to be holiday season so busy, busy...did I say busy? There are so many enjoyable activities going on here. First of all who likes to make supper? So sign up for our spaghetti supper on Nov. 5th from 5-7, a good meal for just \$10 a plate. Take out available. Then during regular hours which are now Monday- Wednesday- Friday 9 to 3, we have **Making** an aromatherapy gift on the 12th at 11:30, on the 19th come **Make** a decoration candle holder. We'll have so much fun. Glad you can join us. Brown bag will be Monday the 24th due to the holiday. Annndddd the Center will be closed Thanksgiving week.

What's up here? So outdoor farm projects are pretty much done so now we move to the inside work and holiday prep. It takes me much longer to prep than it used to... but of course I have so much more help with the grandchildren now. The Second oldest has informed me that he's good for reaching high places now so I don't have to worry about that...and he's right! The 2 youngest are good for decorating each other and I'm not sure what the 6 year old is doing! But we're having fun.

How many words can you make out of the word? Turkey and Stuffing

Word Power: Huffle-Buffs means those old worn out clothes that we all have but they're so comfortable you can't part with them.

New Word... Githerments and it means....

Trivia Everyone Never Needed to Know: In the movie The Searchers John Wayne repeatedly says "that'll be the day". Buddy Holly wrote the song "That'll be the Day" after seeing The Searchers multiple times.

Snails can nap for up to 3 years! In people terms that's a coma!

If you spend \$27.40 each day for a year you've just spent \$10,000!

Health Fact: Just 1 Brazil nut provides 250% of your daily recommended amount of selenium. Why do you need selenium? It protects your heart, it's anti-cancer, anti-viral, improves brain function and the list of health benefits goes on and on.

Man Tip: We all have sunglasses with no place to put them. So screw the cap of a single serving water bottle to the wall in a convenient but out of the way place. Cut the bottom off the water bottle and screw the bottomless bottle to the cap. Now just slide

Welcome to the Florida Senior & Community Center



Your glasses into the bottle. Glasses have a home and won't get scratched.

In the Kitchen: Bought some onions and they are very strong and sharp tasting. Peel and soak in ice water for 5-10 minutes before slicing.

Household Tip: That time of year when the house is closed up and you will be having company and want the house to smell fresh. Buy some of the small felt furniture sliders with the sticky backing. Remove the backing and stick to inside of trash can add a drop of

essential oil to it. The great thing about this is no chemicals and you choose the fragrance.

How about a Recipe: Unstuffed Cabbage Bowl for those of you who like stuffed cabbage but not the work. In a skillet add olive oil and diced onion (at this point you can add ground meat if you like. For a no meat option you can add cooked lentils later). Once onion is done add

minced garlic to taste cook until aromatic. Lower heat and add diced canned tomatoes with herbs (drain first), marinara (can use low carb), a dash of cinnamon and salt, toss in chopped cabbage. Cook covered until cabbage softens about 15 minutes. Adjust seasonings to taste

and enjoy. Amounts were not given as this is a recipe you can make for one or many more. It can be low carb, low sugar, for those who love meat or those who don't. Nice hearty meal that's quick to make.

Dessert: Chocolate Zucchini Bread : Grease (2) 8x4 loaf pans. Preheat oven to 350 degrees. Combine 1 box of chocolate regular, sugar free, keto or gluten free cake mix with 3 large eggs, ½ melted butter or oil, ¼ c water or milk of choice, 1 tsp vanilla. Mix according to directions on box. Gently fold in 1 c of well drained, grated zucchini. Pour into pans and bake approximately 40-50 minutes.

LET'S LAUGH (OR AT LEAST SMIRK): Does anyone else out there remember when a kitchen knife was frequently used as a screwdriver?! I do. I also remember being told not to have a "hissy fit" or to "ski daddle"! Remember riding in the back window of your folks car? The

windows didn't come with seatbelts! I also remember falling out of one and being told "that'll teach you to sit in the seat". How about being told "Oh, fiddle faddle!" or "Pitosh". "Addle" was used in a lot of words back then. Watching everything in red or green because those were the only 2 colors invented when the first color televisions came out! Humans and martians were both green! So if you want to mess with someone from the younger generation just say "Oh,pitosh! Stop having a hissy fit and ski daddle!" Believe me, they have no idea what you talking about!

Welcome to the Florida Senior & Community Center

LET US END ON THIS NOTE... Remember it's important to know when to stop arguing and just let them be wrong. So just say "oh, fiddle faddle" and walk away.

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.

Florida Senior News

HAPPY BIRTHDAY NOVEMBER BIRTHDAYS. And let's celebrate our "most senior" seniors celebrating November birthdays, Maralyn Brown, Rosalyn Mullette, Bob Guetti and Al Bedini Sr. May all our celebrants enjoy many more years of life in this interesting town of ours.

So you're still having problems with your Verizon phone service. Follow this suggestion and you're guaranteed to speak to a REAL person. Call 1-800-837-4966 and keep saying TECHNICAL SUPPORT. You will get AI (Artificial Intelligence). No matter how many times your friendly robot asks questions, just KEEP SAYING TECHNICAL SUPPORT. This may take a few tries but you will actually get a real person who can then help you.

If you haven't registered for the **flu clinic** on October 29th it's not too late. Log on to getvaccinatedberkshires.com. Each clinic is listed with a link to COLOR where you can register. Clinic hours are 10:00 a.m. to 12 noon at the Senior Center and from 2:00 to 5:00 p.m. at the Florida School. Have your Medicare card handy because you will be asked for the number.

If you missed last months **Spaghetti Dinner** at the Senior Center you're in luck. A spaghetti supper is scheduled for November 5th from 5:00 to 7:00 p.m. Cost is \$10.00 per person and reservations are requested. Last months dinner was truly wonderful. There were plenty of delicious meatballs to go with your spaghetti and chef Mark Meehan really outdid himself. Desserts were plentiful too.

If you have a computer, log on to iberkshires.com. Enter your email address and you will receive their daily (Monday - Friday) newsletter covering all the news in Berkshire County; obituaries, sports and local news in your email. The Florida Fire Departments fire prevention program with Florida students was featured in a news story with photos in the October 13th edition.

IT'S OPEN ENROLLMENT FOR MEDICARE RECIPIENTS

Medicare Open Enrollment began on October 15th and ends on December 7th. This time period gives Medicare recipients an opportunity to reevaluate their Part C (Medicare Advantage Plan) and Part D (Prescription Drug Plan). During this time you can add, drop or switch to another plan that better suits your needs and budget.

If you're not sure of what or how to navigate the Medicare.gov website, Erica Beaudry, an Independent Medicare Insurance Advisor will be available at the Mary Spitzer Center on October 27, November 17 and December 1 from 9:00 a.m to 3:00 p.m.to review your coverage and make recommendations based on your needs. Call the Spitzer Center at 662-3125 to make an appointment.

The Harper Center in Williamstown will have SHINE volunteers available for the same purpose. Call 413-499-0524 to make an appointment.

For either location, you will need your Medicare card, insurance card, a list of your doctors and a list of your prescriptions.

*Open Enrollment unfortunately means open season for Medicare FRAUD. If you or a loved is on Medicare here are some tips to help you avoid SCAMS during Open Enrollment. **Here's how it works:***

You receive a call, text, or email from someone claiming to be a Medicare agent or insurance provider. You need to act quickly to avoid losing your benefits. They will request sensitive information - your Medicare and Social Security numbers and/or bank and credit card information. **What should you do:*

****NEVER** give out sensitive information to anyone who contacts you out of the blue. Be suspicious of offers for a new Medicare plan or a great insurance plan. Some callers will make this an urgent decision. It's not. You have until December 7th If you need help with Medicare or Medicare insurance, Massachusetts has a State Health Insurance Assistance Program that offers unbiased one-on-one counselling to help you navigate Medicare. ()*

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HIGH HEATING BILLS A WORRY? HERE'S HELP Check now into applying for fuel assistance for the 2025-26 heating season which starts in November 2025.. Call **BERKSHIRE COMMUNITY ACTION COUNCIL(BCAC) 413-445-4503, 663-3014** or go to their website to request an application. (<https://toapply.org/BCAC>)

INCOME GUIDELINES FOR THE 2025-2026 heating season:

1 person household:	\$15,650 - \$31,300
2 person household	\$21,150 - \$42,300
3 person household	\$26,650 - \$53,300
4 person household	\$32,150 - \$64 300

BERKSHIRE COMMUNITY ACTION ALSO PROVIDES The Heating System Repair or Replacement Program which provides emergency repair and replacement

services to low income households. The program is administered by **BCAC**.
(663-3014, 413-445-4503)

You may be eligible for assistance from **MassSave**, a program that offers weatherization (insulation, windows, doors) at no cost if you qualify. (866-527-7283). You will be offered a free home energy assessment and be told which rebates, loans or other energy programs are available and if you qualify.

For households not qualifying for the Low Income Home Energy Assistance Program **EVERSOURCE** (877-963-2632) offers discount gas or electric rates for income eligible residential customers who receive federal assistance programs (Medicaid, SNAP, some VA programs and others) and whose income does not exceed 60% of the state median income.

The **SALVATION ARMY** (663-7987 or 413-442-0624) administers the GOOD NEIGHBOR ENERGY FUND which helps qualified Massachusetts residents pay gas, electric or oil bills when, due to temporary financial difficulty, they can't meet their energy expenses and aren't eligible for state or federal assistance. Qualifiers may receive up to \$500 per household per heating season. The program is available from January 2nd until funds run out.

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What's Happening At the Florida Free Library:

NOVEMBER: Thursday - Nov. 6th - Sew a table runner with Colleen Guetti
Nov. 13th - Make a purse with Colleen (1st of 2 sessions)
Nov. 20th - Wildlife Gallery with Dennis Cyr and a
Mini Craft Fair
DECEMBER; Dec. 4th - Mt. Williams Greenhouse make a
Holiday swag
Dec. 11th - Make a Purse with Colleen (2nd session)
Dec. 18th - Make a Charcuterie Appetizer Board
with Kyla Davis

All Thursday evening programs are from 5:00 to 6:30 p.m.
Remember to register for all programs: director@floridafreelibrary.com (664-0153)

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The **MCCANN TEA ROOM** has released their fall schedule with services available on select Thursdays and Fridays from 10:45 a.m. to 12 noon. The tea room offers a menu featuring a variety of appetizers and desserts which include soups, and could include Philly cheese steak with fries; baked stuffed shrimp or chicken parmesan. The menu will also feature a "Dessert of the Day". The TEA ROOM is open on: October 28 and 30. November 13 and 14. December 9 and 11.

The TEA ROOM will close for the holidays and January and will reopen in February 2026.

Don't pass up the opportunity to enjoy lunch at the TEA ROOM. The meals are well prepared, delicious and a small fraction of what you'd pay for a similar meal in a restaurant.

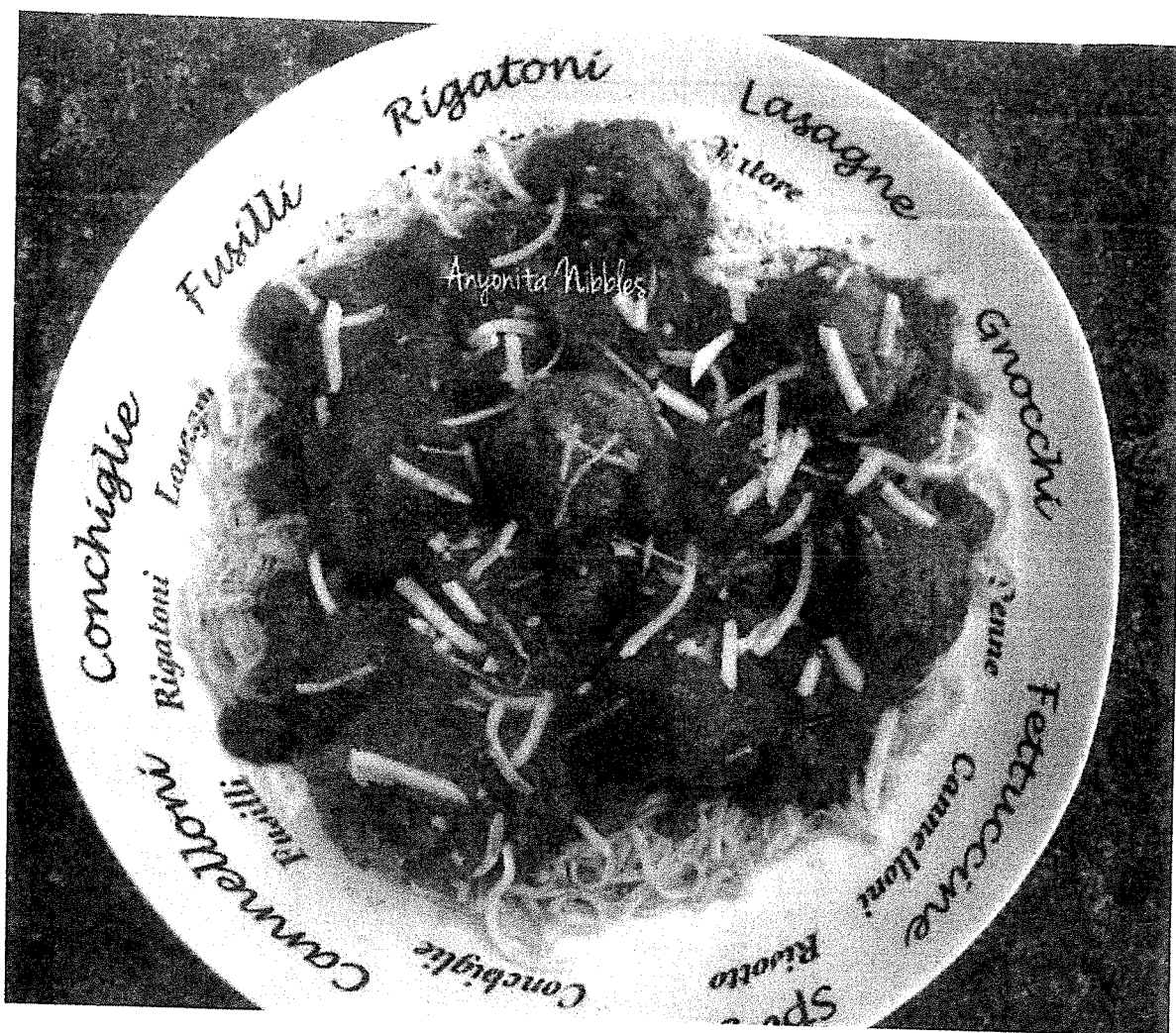
Welcome to the Florida Senior & Community Center

NOVEMBER 2025

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 11:00 Chair Yoga 11:00 Let's do a Recipe Swap 6:30 Yoga w/ Lisa	4	5 9:00 ADMIN 10:00 Friends Mtg. 11:00 COA Mtg. 5 – 7 pm Spaghetti Supper	6	7 11:00 Chair Yoga 12:00 BINGO	8
9	10 11:00 Chair Yoga 11:30 Knit or Crochet 6:30 Yoga w/ Lisa	11 V E T E R A N S DAY	12 9:00 ADMIN 11:00 Chair Yoga 11:30 Aroma Therapy"	13	14 11:00 Chair Yoga 12:00 BINGO	15
16	17 11:00 Chair Yoga 12:00 Let's work on a puzzle or a game of your choice 6:30 Yoga w/ Lisa	18	19 9:00 ADMIN 11:00 Chair Yoga 11:30 We'll make a Candle holder	20	21 11:00 Chair Yoga 12:00 BINGO	22
23	24 BROWN BAGS CENTER IS CLOSED	25	26 CENTER IS CLOSED	27 T H A N K S G I V I N G	28 C ENTER IS CLOSED	29
30						

NOTE: The Senior Center is going to the new schedule of Monday, Wednesday and Friday. We will now do the Chair Yoga on all three days.

On November 5th we will host our second Spaghetti Supper catered by Mark Meehan (Maybe Heidi Dugal will make those delicious desserts again)



**COME AND JOIN US FOR OUR SECOND SPAGHETTI
SUPPER ON NOVEMBER 5th AT THE FLORIDA
SENIOR CENTER**

**The event is from 5:00 to 7:00 pm, the charge is \$10
pp, and take out will be available.**

Please call the center if you are planning to attend so that we may have enough to serve everyone.

The Friends of the Florida Council on Aging are inviting you to our Christmas Party, which this year will be held on Friday, December 5, 2025 at the Senior Center. There will be a charge of \$5.00 per person.

The meal will be catered by Mark Meehan and will start promptly at 12:00. Please try to arrive at the Center between 11:30 and 12:00 in order for all to be seated prior to serving the meal.

We ask you kindly to call the Senior Center during the hours we are open, (Monday, Wednesday, Friday between 9:00 and 3:00 pm) to give us your name and number of people attending (MAX 50).

We need to have a final count of attendees NO LATER THAN Monday, December 1, 2025 at 3:00 pm, in order to give Mark our final count.



Merry Christmas!