



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)

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Heidi Dugal, Director

This newsletter is made possible by a Grant from the Executive Office of Elder Affairs and support of the Town of Florida.

Welcome to the Florida Senior & Community Center

Center News: Well, we blew right through that year and into the new one! Happy 2026!! The first 3 Monday evenings in January we have yoga (after that we'll see...it is January in Florida!). There will be a Yankee swap on the 7th.

We'll be making and enjoying a lunch of Shepard's Pie on the 28th. There's nothing like a hot lunch you didn't have to make! Check your calendar for decompressing activities like knitting and crocheting or just come enjoy a quiet cup of coffee.

We are looking forward to you visiting us next year! Enjoy the holidays!

What's up here? We're recovering! What a whirlwind last year was. Now we're awaiting grandchild number 6!

How many words can you make out of ? Happy New Year!

Word Power: Blursday means when you are not sure what day of the week it is.

New Word... looseleft and it means....

Trivia Everyone Never Needed to Know: Polar bears fur is made up of transparent tubes that reflect light appearing white.

Snowflakes are approximately 95% air.

What makes a snowflake? Water droplets freezing around a particle of something in the air...like dust!

Health Fact: Having trouble remembering things? Smelling rosemary will improve your memory by up to 75%. Just my luck what I need to remember will be in that 25% left.

Man Tip: Cut the end of that bag of zip ties didn't you now they're spilling every where. Don't cut the end off the bag instead cut a small semicircle out of the side of the package. Need a zip tie grab one through that little hole and pull it will slide right out.

No more spilling.

In the Kitchen: A lot of quick breads get baked this time of year and lining that pan is a pain. So lay pan upside down on counter, now mold foil over pan outside. Slide it off and turn pan right side up. Drop molded foil into pan. A perfect fit.

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Household Tip: Condiments making a mess and falling all over in your fridge door. Cut the lid off an egg carton, toss lid, insert remainder of box in door, place your condiments (lids on tight) lid down in each egg pocket. Problem solved.

How about a Recipe: Teriyaki Meatballs: Dump 2 lbs of frozen meatballs into your crockpot, In a separate bowl mix 1 c. teriyaki sauce and 8 oz pineapple chunks, pour sauce over meatballs stirring to cover evenly. Cover and cook on high for 2 and half to 3 hours or on low for 6 hours.

Serve over rice. On a special diet use vegan meatballs, gluten free teriyaki, serve over riced cauliflower, substitute sugar free teriyaki sauce. So easy, so user friendly. Don't need that much cut the recipe to an amount that works for you.

Dessert: Quick and Easy Fruit Parfaits: Mix 8 oz of plain yogurt with 1 oz. of cheese cake pudding mix. Once well combined pour into 2 small containers and top with frozen fruit (Blueberries, strawberries, whatever you like). Done! Can make this sugar free, can use coconut Yogurt.

LET'S LAUGH (OR AT LEAST SMIRK): Apparently nothing was funny last month since I didn't put anything here! Okay, I was sick with a cold...not going to accept that excuse. Well, I want you to remember that was the month I walked around for a ½ hour on day looking for the

Phone I was talking on!

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:

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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JANUARY 2026 (1)

SUN	MON	TUE	WED	THU	FRI	SAT
				1 HAPPY NEW YEAR	2 THIS WEEK	3
4	5 11:00 Chair Yoga 12:00 Coffee is on. Come in to socialize and decompress from the Holidays 6:30 Evening Yoga	6	7 9:00 ADMIN 11:00 Chair Yoga 11:30 YANKEE SWAP (2)	8	9 11:00 Chair Yoga 12:00 BINGO	10
11	12 11:00 Chair Yoga 11:30 We'll put away the Christmas decorations and have a cup of coffee while we work. 6:30 Evening Yoga	13	14 9:00 ADMIN 11:00 Chair Yoga	15	16 11:00 Chair Yoga 12:00 BINGO	17
18	19 11:00 Chair Yoga 12:00 It's cold enough to do some knitting or try to crochet 6:30 Evening Yoga	20	21 9:00 ADMIN 11:00 Chair Yoga 11:30 Talk of the Town. Come and reminisce. Refreshment will be served.	22	23 11:00 Chair Yoga BROWN BAGS 12:00 BINGO	24
25	26 11:00 Chair Yoga 12:00 Work on a puzzle or a game of your choice	27	28 9:00 ADMIN 11:00 Chair Yoga 11:30 Come for lunch, we're making Shepards Pie	29	30 11:00 Chair Yoga 12:00 BINGO	31

NOTE: ((1) Yankee Swap – bring a small gift you want to recycle or buy a small one no more than 7 to 10 dollars