



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



TOWN OFFICE PHONE NUMBER

662-2448 *(For specific office press:)*

- | | |
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| <i>0 - Town Administrator (Joan Lewis)</i> | <i>2 - Assessor's Office (Krista Bishop)</i> |
| <i>Board of Selectmen (Neal Oleson, Chair)</i> | <i>3 - Town Clerk (Lisa Brown)</i> |
| <i>Board of Health (Al Bedini, Chair)</i> | <i>4 - Senior Center (Sue Oleson, Chair,</i> |
| <i>0 -Accountant (Rebecca Choquette)</i> | <i>Joyce Von Tilborg, co-Chair)</i> |
| <i>1 - Treasurer (Stacy Abuisi)</i> | <i>5 - Highway Foreman (Jim White)</i> |
| <i>Tax Collector (Stephanie Pare)</i> | <i>6 - Fire Department (Mike Gleason, Chief)</i> |

FLORIDA COUNCIL ON AGING

*Ruth Boyce - Lisa Brown - Susan Fulton - Sarah Maclennon
Wanda McNary - Patricia Tovani - Debra Welch
EMAIL: flaseniors.flamass@gmail.com*

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

Please Note: During inclement weather and the closing of the Florida School, the senior center will also be closed.

Welcome to the Florida Senior & Community Center

Center News: So here we are now, Welcome to February!...Wait what?! My Christmas tree is still up! Well, we're in February and there is plenty to do at the Center. We'll be getting together to make candy on the 4th at 11:30, there's adult coloring on the

9th so after all the rushing come join us for a fun morning of coloring with Friends (the health benefits of this activity are amazing). Andy Kelley is joining us on the 13th to help us celebrate Valentine's Day by providing us at 11:30. He brings us a morning full of

music. We're closed on the 16th but open on the 18th with a potluck (sign up is requested). There's a movie and popcorn on the 23rd and aromatherapy on the 25th join us to make a project to take home. We're bringing you lots of fun and relaxing activities so we'll

see you here.

What's up here? Yes, you heard me right my tree is still up. We're trying to prep for the next grandchild but we're still recouping from our time with the other 5! Their wonderful, amazing, exciting and heart stopping all at the same time! We wouldn't trade a moment

with them but boy are they exhausting. Have to say though I don't feel too bad about being tired after having them because I see their parents when they leave them off and pick them up!

How many words can you make out of ? Valentine's

Word Power: Looseleft means the sense of loss you feel when you finish reading a good book.

New Word... Croozling and it means....

Trivia Everyone Never Needed to Know: Pope John Paul II was an honorary Harlem Globetrotter.

Approximately 100 people a year die by choking to death on a ballpoint pen!

Antarctica is the largest unclaimed territory on the planet. Gee, I wonder why?!

Health Fact: Have trouble with kidney stones? Eat a cucumber. That's right...a cucumber, they've been known to dissolve kidney stones!

Man Tip: Have a lot of sunglasses or safety glasses and no place to store them. Cut the bottom off a 16 oz soda bottle and glue it (or screw it) to a board on the wall. Now just slide the glasses into it. Make sure you slide them in lens side up so they don't scratch.

Welcome to the Florida Senior & Community Center

In the Kitchen: Don't know about you but I hate trying to peel hard boiled eggs. Before you cook them, lightly tap them with a spoon turning them as you go until you hear a pop. The inner membrane just came free from the shell so peeling them will be easier.

Household Tip: To clean up mold in the bathroom, mix equal parts of hydrogen peroxide and water in a spray bottle. Spritz on the mold. Let sit an hour then wipe clean. Do Not use on wallpaper!

How about a Recipe: Quick and Easy Rice Bowl: Mix together leftover rice (can substitute cauliflower rice), veggies of your choice, cooked chicken or mushrooms or beans if on a no meat diet, add alfredo sauce of your choice; regular, dairy free or vegan. Mix well, warm and enjoy.

Dessert: Ridiculously Easy Snack Bars: Warm a ½ each of nut or sun butter and honey (regular or sugar free). Stir well, then add 3 cups of cheerios. Once mixed press into a 9x13 pan and let cool. Cut and enjoy. I can never keep these in the house!

LET'S LAUGH (OR AT LEAST SMIRK): So I have grown older I've changed. I prefer not to go out when it's rainy, I prefer not to go out and drive, I prefer not to go out in the snow, I prefer not to go out when it's too hot, sooo... I guess I just prefer not to go out!

LET US END ON THIS NOTE... Worry is a conversation you have with yourself about things that may never happen. So change the conversation.

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.

Welcome to the Florida Senior & Community Center (1)

FEBRUARI 2026

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 FOOT CLINIC 11:00 Chair Yoga 11:30 We'll play Scabble 6:30 Evening Yoga w/Lisa	3	4 9:00 ADMIN 11:00 Chair Yoga 11:30 Come and help us make candy (We'll eat it too)	5	6 11:00 Chair Yoga 12:00 BINGO	7
8	9 11:00 Chair Yoga 11:30 Adult coloring (we have the supplies) 6:30 Evening Yoga w/Lisa	10	11 9:00 ADMIN 11:00 Chair Yoga 11:30 BINGO	12	13 11:00 Chair Yoga 11:30 (1) Valentine Social – Refreshments will be served	14
15	16 CLOSED FOR THE HOLIDAY	17	18 9:00 ADMIN 11:00 Chair Yoga 11:30 POT LUCK LUNCH (Pls. sign up)	19	20 11:00 Gentle Movement 12:00 BINGO	21
22	23 11:00 Chair Yoga 11:30 Come and watch a movie (we have the popcorn and soda) 6:30 Evening Yoga w/ Lisa	24	25 9:00 ADMIN 11:00 Chair Yoga 11:30 Aroma Therapy	26	27 11:00 Gentle Movement 12:00 BINGO BROWN BAGS	28

NOTE:

(1) On Friday the 13th we will have a Valentine social with music provided by Andy Kelly.

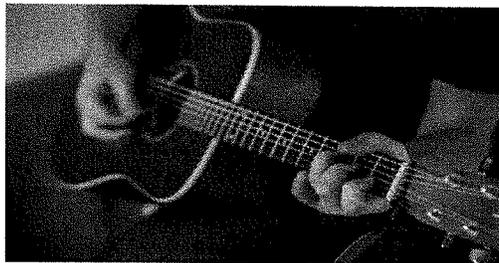


On Friday, February 13th at 11:30 we will get together at the Senior Center and celebrate this day.

Come and join us!

Refreshments and hors d'oeuvres will be served.

Music provided by Andy Kelly



Florida Senior News

HAPPY BIRTHDAY to our JANUARY and FEBRUARY BIRTHDAYS. May your new year be shiny and full of new adventures. And a special shout out to our “most” senior senior” January birthdays: Gloria Field and Mary Burdick; and to Priscilla Brayman and John Field, our February “most senior seniors.” Our Most “senior Senior” Gus Mowe lived in Hoosac Tunnel his whole life and recently moved with Anne to St. Joseph’s Court. Happy February birthday, Gus We miss you on the Mountain.

BITS AND PIECES OF INTEREST

Still having problems with your **Verizon phone service**. From what we hear you’re not alone. Some callers were told that the old cables just can’t deliver the service that we are paying for; but they offer no solution. If you’re game and want to put in your complaint, follow this suggestion and at least 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, take your complaint, change your plan or cancel it altogether.

IF you haven’t gotten the **flu, Covid or RSV** vaccine it’s not too late to get vaccinated. The Berkshire Public Health Alliance reports a very high level of flu and Covid statewide as Berkshire County and the state move through peak flu season. Serious complications are presenting themselves and so far this season 62 adult deaths and 4 pediatric deaths have occurred in Massachusetts. Local pharmacies are still administering the vaccines. Some require an appointment so call ahead just to make sure. And consider wearing a mask in crowded settings. Berkshire Health Systems requires that all their employees are masked.

BRTA is offering **FREE** transportation to seniors (60 years +) in Florida until June 30. Grocery shopping, medical appointment, a visit to a friend or relative, movies or out to lunch, they’re all covered. Just call BRTA at (413-499-2782 ext. 2868) to schedule a pick up time and date. The bus also has a life for anyone to who needs it.

It’s **TAX TIME!** The **AARP TAX AIDE** program is being offered at the Adams COA by appointment only. Intake appointments for senior residents will begin on January 29th. Call the COA at (743-8333) to make your appointment. Intake appointments to review documents will be done in person by volunteers. Returns will

be prepared remotely by trained volunteers and you will receive a call when your return is ready for pickup. Appointments are limited so don't wait to call.

If you have a computer, log in 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 other items of interest you won't see in the Eagle including breaking news. Best part is it's FREE>

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HIGH HEATING BILLS A WORRY? 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.

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 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, Qualifiers may receive up to \$500 per household per heating season. The program is available from January 2nd until funds run out.

What's Happening At the Florida Free Library:

January 29 - Essential Oil room Fresheners with Veronica Bosley
February 8 - Make a lap blanket for a nursing home senior

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

The adult craft classes will be taking a break for the remainder of February and March as our library director takes a much needed break.

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SAVE \$\$ MONEY at McCann

The **MCCANN TEA ROOM** has released their **WINTER** schedule with services available on select days from 10:45 a.m. to 12 noon. The **TEA ROOM** will be open on: **JANUARY 30th; FEBRUARY 3rd and 5th; FEBRUARY 12th, 24th and 26th, and MARCH 5th, 11th and 12th and the 19th.**

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".

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

The **Culinary Arts Program** is certified by the American Culinary Federation

Need to get your hair done but can't afford a salon? Check out **THE HIVE SALON** at **McCann**. All services are done by students and are under professional supervision. A shampoo, cut and style is just \$11.00; a perm \$18.00 and coloring \$22 and up. Also offered are manicures, and gel or acrylic nails and
Call 664-9424 for an appointment.

Car need an oil change or custom work to get it running? The **AUTOMOTIVE Program AT McCANN** is at your service. Students gain experience in servicing and inspecting all areas of your vehicle and you'll only pay for the parts needed to service your car.

Log on to mmcaron@mccanntech.org to fill out a repair request. You'll be called for an appointment.