



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:)*

- | | |
|--|--|
| <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, Director,</i> |
| <i>0 -Accountant (Rebecca Choquette)</i> | <i>Joyce Von Tilborg, Co-Director)</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: And the year is just moving right along, here it is April...we're a third of the way through the year!!! Come join us Wednesday the 29th at 11:30 to learn a little something about aromatherapy and leave with a completed project to enjoy at home. We'll be starting a

"Make and Take" program in May.

What's up here? What are we up to? Good question...what aren't we up to! It's spring and calves are coming, grandkids are being babysat, fences are being fixed and the list is endless. So busy...so tired.

How many words can you make out of ? Red Robin

Word Power: Snirtle means to quietly laugh at something you aren't supposed to.

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

Trivia Everyone Never Needed to Know: Hogwarts Express from Harry Potter is actually a real train operating in Scotland!

Jackfruit is the largest fruit in the world growing up to 90 lbs!

You can not tickle yourself.

Health Fact: If you take vitamin D make sure you are taking it with a healthy fat or you are wasting your time and money. Vitamin D requires fat to be absorb for use in your body. So take with a nut butter, avocado or any other healthy fat.

Man Tip: Keep loosing the seatbelt clip down in the seat? Cut a piece of pool noodle approximately 2-3". Slide this over strap between the seat and clasp. No more sliding into the seat where you can't get to it!

In the Kitchen: Bake your cakes at slightly lower temperature. This prevents the edges from drying out and lets the center to bake more evenly.

Household Tip: Sick of those trash bags rolling around or falling out on you? Put up a small curtain rod under your cupboard or in the closet. Slide the roll of trash bags on it and problem solved.

How about a Recipe: One Person Leftover Recipe: You have leftover pasta (every time you make pasta you have too much...perfect! Save some for this recipe.), leftover meat, veggies, mushrooms even better! Dice up meat, mix meat and pasta. In a small sauce pan add

Welcome to the Florida Senior & Community Center

1 Tbsp butter, ¼ c diced onion and sautee, once cooked add in 1 Tbsp flour slowly stir and pour in ½ c of milk of choice and ½ c chicken or vegetable broth. Continue to cook until thickened. Season with salt and pepper to taste, ¼ tsp Italian seasoning, 1/8 tsp garlic powder. Add leftovers and warm through. Once warmed add tomato and cheddar cheese. There you have it single serving leftover pasta. You can use cauliflower rice or konjac noodles instead, also dairy free cheese can replace cheddar cheese.

Dessert: Blueberry Lemon Donuts: Mix together one lemon cake mix (powder only) with 1 can sprite gets foamy. Pour into greased doughnut pan. Add blueberries to each donut. Bake in 350 degree preheated oven for 15 – 25 minutes (depends on oven and donut size). Want sugar free use a sugar free mix and sprite zero. Can't find a no sugar lemon cake mix use vanilla and substitute ½ c soda for ½ c lemon juice.

LET'S LAUGH (OR AT LEAST SMIRK): So I figured out how to get rid of all my unwanted stuff. I put it in an Amazon box, tape it back up and put it out on the porch by the door. When I come home it's gone!

LET US END ON THIS NOTE... The most valuable math you will ever do is to calculate to cost of today's decisions on tomorrow.

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

APRIL 2026

SUN	MON	TUE	WED	THU	FRI	SAT
			1 9:00 ADMIN 10:00 Friends Mtg. 11:00 COA Mtg.	2	3 11:00 Chair Yoga 12:00 BINGO	4
5 E A S T E R	6 11:00 Chair Yoga 11:00 Let's do a Recipe Swap 6:30 Yoga w/ Lisa	7	8 9:00 ADMIN 11:00 Chair Yoga 11:30 Men and Women Social Refreshments will be served	9	10 11:00 Chair Yoga 12:00 BINGO	11
12	13 11:00 Chair Yoga 11:30 Knit or Crochet 6:30 Yoga w/ Lisa	14	15 9:00 ADMIN 11:00 Chair Yoga 11:30 POT LUCK LUNCH (Pls. sign up)	16	17 11:00 Chair Yoga 12:00 BINGO	18 See BE LOW * * *
19	20 11:00 Chair Yoga 12:00 Let's work on a puzzle or a game of your choice (SCRABBLE) 6:30 Yoga w/ Lisa	21	22 9:00 ADMIN 11:00 Chair Yoga 11:30 Adult coloring	23	24 11:00 Chair Yoga BROWN BAGS 12:00 BINGO	25
26	27 11:00 Chair Yoga 12:00 Come watch a movie, we'll provide the popcorn 6:30 Yoga w/ Lisa	28	29 9:00 ADMIN 11:00 Chair Yoga 11:30 Aroma Therapy"	30		

NOTE:

ON SATURDAY 4/18 AFTER DOING YOUR TRASH RUN, COME INTO THE SENION CENT. From 11 to 1 O'CLOCK, WE WILL BE SERVING COFFEE, HOT DOGS, CHIPS AND SOFT DRINKS

Florida Senior News

BITS AND PIECES OF INTEREST

APRIL SHOWERS? Well they're not going to spoil the birthdays of these special "senior seniors"! **HAPPY BIRTHDAY** to Roger Arigoni and Ana Gentes. And a special birthday wish to our former Hoosac tunnel "most senior senior" Anne Mowe. Anne and husband Gus left the challenging Florida winters for the warmer climate (?) of North Adams.

WHAT'S HAPPENING IN FLORIDA

The Annual Town Caucus took place at the Town Office Building on March 13th. All incumbents were nominated for their respective offices.

The **deadline** to register to vote in town elections is **April 24th**.

Town elections will be held on **MAY 4th** from 10:00 a.m. until 8:00 p.m.

Florida 2026 Dog Licenses are now available. The cost is the same as 2025; male and female \$10.00; spayed female and neutered male is \$4.00. Proof of rabies vaccination is needed. A Kennel license (up to 10 dogs) is \$50.00.

There will be a \$10.00 late charge added to the dog license fee for those who do not apply for their dog license by JUNE 15th.

AT GABRIEL ABBOTT SCHOOL –

The Florida Parent Teacher group is sponsoring Musical Bingo on March 28th at THE GOAT. Doors open at 5:30 and bingo starts at 6:30. Registration is \$25.00 per person and all proceeds go to benefit the Florida School.

AT THE FLORIDA LIBRARY -

March 26th	Easter Bunny Cakes
April 2nd	Butter Lambs with Sarah Blros
April 9th	Create a clay pot and plant a Dahlia
April 16th	House plant swap and construct Town May Day baskets
April 30th	Fill and distribute May Day baskets

REMEMBER you must register for all library events by calling the library at 664-0153 or registering on line: director@floridafreelibrary.com.

All classes begin at 5:30 p.m.

NUMBERS TO KEEP ... JUST IN CASE

****Berkshire Community Action Council**
(413-445-4503)

****Elder Services of Berkshire County**
(1-800-544-5242)

****Veteran's Services**
(662-3040)

****The Salvation Army**
(663-7987)

****Re-Equipment**

(1-800-261-9841) This organization has an inventory of refurbished wheelchairs, electric scooters, walkers, portable ramps, and other durable medical equipment needed for assistance with daily living. Delivery and use of equipment is free.

****Community Legal Aid**

(664-4531 or 1-855-252-5342) Free services offered to seniors who need assistance with writing a will, designating power of attorney and other elder law issues. To apply for assistance, call the number above and press 3 to fill out an application. You will be contacted within 3-5 business days.

PERSONAL EMERGENCY RESPONSE SYSTEMS ..

(1) BE SAFER AT HOME (1-781-205-4996)

(2) PHILLIPS LIFELINE (1-855-681-5351)

(covered by Medicare and Medicaid)

(3) NEW ENGLAND
EMERGENCY RESPONSE (1-800-888-0338)

=====

SAVE \$\$\$\$

BRTA is offering **FREE** transportation to seniors over 60 until June 30th. Grocery shopping, personal shopping, visit a friend, lunch out, medical appointments, they're all covered. Call BRTA (413-4999-2782 ext. 2868) to schedule a pick up date and time.

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, including breaking news; obituaries, sports and other items of interest you won't see in the Eagle. Best part is it's **FREE!**

If you haven't already enrolled in **Florida's Energy Saving Program** do so now. Call Town Administrator Joan Lewis (662-2448, ext. 0) and ask to be signed up. As a group the town is able to purchase electricity at a lower rate. Your bill will still come from National Grid but at a lower kilowatt charge.

THE HIVE SALON at McCann offers haircuts, styling, perms and color for a fraction of the cost of a regular salon. 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. All services are done by supervised students. Call 664-9424 for an appointment.

Does your 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 mmccaron@mccanntech.org to fill out a repair request. You'll be called for an appointment.

=====

DID YOU KNOW that the FARMER'S ALMANAC published their last copy of the magazine this year, 2026. After 208 years of publishing this popular missive the magazine will no longer be available. So if you have any copies of the magazine, save them. They might be worth money some day.

One hundred years ago FOUR DOLLARS would buy you 4 movie tickets; or 3 gallons of gasoline; or dinner for four; or 10 loaves of bread; 2 men's shirts or 6 pounds of coffee!

=====

SCAMS - SCAMS - AND MORE SCAMS

They're out there, and they're looking to part you from your money. As savvy as you think you are, it's still very possible that you may act on an "urgent" message- so your computer won't lose all your information, or you'll pay to get a family member out of jail, or you will "need" to recoup your credit/bank account information.

1. Don't let curiosity, behavior or emotion dictate decisions. Beware of such words as "congratulations you've won" to pique your interest and get you to open a link in the email. If you didn't enter a contest, you can't win a prize.

2. Opening an email poses very little danger. The danger is opening a link and/or attachment in the email which invites you to act on the email. (click on something in the message.)

3. Government agencies do not initiate communications by text message, email or a phone call. They use "snail mail".

4. Steer clear of email surveys offering rewards, even if they appear to be from legitimate companies. Imposter emails try to get you to provide personal information.

5. If you receive an email "Delivery Failure Notification", be careful. These emails appear to be from the U.S. Postal Service and will prompt you to confirm your personal delivery information by clicking a button or downloading an attachment, that when opened, can activate a virus and steal information - such as your usernames, passwords and financial account information. (Were you even expecting a package?)

Protect yourself from email scams.

1. **DO NOT** give out personal information over email.
2. Check the grammar in the email. Poor grammar usually indicates a fraudulent email.
3. Check the email address. There may be a misspelled word in the sender's email address.
4. Be wary of urgent emails

What to do if you interacted with a scam email:

1. Stop communication with the scammer and save the communications.
2. Contact your financial institution to stop transfers.
3. Contact law enforcement. (State Police - 743-4700)
4. Update your passwords
5. Freeze your credit. Call the three credit agencies: EQUIFAX (1-888-766-0008); Experian (1-888-397-3742); TransUnion (1-800-680-7289). By putting a credit freeze on your accounts, scammers cannot open any type of credit in your name.
6. Get support. Scams cause emotional harm, shock and a feeling of vulnerability. Talk to a trusted family member or friend or a counselor. Just talking it out can help you get back to trusting and feeling safe and secure.

A rooster walks into the barnyard and notices that all the eggs laid by the hens are in a variety of beautiful colors. He walks to the other side of the barnyard, sees the peacock strutting his gorgeous and colorful feathers and wrings his neck!

HAPPY EASTER