



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,
Joyce Von Tilborg, Co-Director)</i> |
| <i>0 - Accountant (Rebecca Choquette)</i> | <i>5 - Highway Foreman (Jim White)</i> |
| <i>1 - Treasurer (Stacy Abuisi)</i> | <i>6 - Fire Department (Mike Gleason, Chief)</i> |
| <i>Tax Collector (Stephanie Pare)</i> | |

FLORIDA COUNCIL ON AGING

*Ruth Boyce - Lisa Brown - Susan Fulton - Sarah Maclennon
Wanda McNary - Patricia Tovani - Debra Welch
EMAIL: flseniors.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: May has arrived. We're looking forward to you joining us for all our new programs. On May 13th we start "Make and Take" programs you create a simple May Basket and bring one home when you're done. On the 27th whip up a dry mix to take home. What's the

Dry mix? It's the base for Bacon Dip. You'll not only make one for home but you'll also get to try it while you visit with friends. All supplies are provided you just need to come! Keep in mind that our 2nd annual car show and Chinese Auction will be coming soon.

What's up here? The grandchildren are wild (I'm chaulking it up to spring fever...or it could be they're just wild! Everyone blames the fact that 4 of them are boys and boys are always wilder....well, let me introduce you to my 2 granddaughters! They put the boys to shame!

Caught the youngest girl trying to climb the grandmother clock a couple weeks ago! I've started exercising hoping that will give me the energy to keep up. So far it's not working.

How many words can you make out of ? May Basket

Word Power: Thunderplump means a heavy downpour that comes on without warning and soaks everything.

New Word... FOBI and it means....

Trivia Everyone Never Needed to Know: There are 923 words that break the "i before e" rule and only 44 words that follow it!

There are more chickens on the planet than humans!

Gorillas can catch your cold. Yup, people can give gorillas colds.

Health Fact: Practicing deep breathing is one of the best ways to heal the body. Quietly take a long slow breath in inflating your stomach, hold for a moment, slowly breath out taking a little longer to exhale than you did to inhale, hold for a moment before repeating.

Man Tip: Outside more now. Deer have been every where and have carried ticks every where. Keep a lint roller next to the door. As soon as you come in use it to roll over your clothes and it will pick up any ticks that may come in on your clothes.

In the Kitchen: Hate slicing up onions for burgers and salads. Use a vegetable peeler. Hold onion with a fork and slice onion with the peeler. Make sure you remove the outer skin on the onion first.

Welcome to the Florida Senior & Community Center

Household Tip: Let's steam clean that oven! If you want an easier way to clean your oven without chemicals (important if someone in your household has severe allergies or asthma) fill an oven safe pan with hot water (if oven is very greasy add a little vinegar to water).

Place pan in hot oven and let it cook for 20 -30 minutes. The steam loosens the grime and you can just wipe away most if not all the spilled material. For those very bad spots use a spatula to scrape it clean.

Recipe Time: Let's make Chicken, Broccoli and Rice Dump Dish. Preheat oven to 375 degrees, prep 9x13 pan spraying with cooking spray. Now comes the hard part in pan dump 1 and ½ c uncooked rice, 3c broth (chicken or vegetable), 1c sour cream, 1 can cream of chicken or mushroom soup, 1c cheddar cheese, 1tsp garlic powder and onion powder, salt and pepper. Mix well. Next add diced chicken and 3c fresh broccoli. Distribute it throughout the mix. Cover with foil and bake 40 minutes. Remove foil and add more cheese to the top. Bake 5 minutes more. You can use vegan substitutes for the sour cream and cheese, use sauteed mushrooms (sauteed to remove excess liquid) or meat substitutes in place of chicken.

Dessert: Blueberry Lemon Cheesecake Fluff: Mix together 2 and ½ c Greek yogurt, 1 package (small) lemon jello, 2 Tbsp cheesecake pudding mix (powder not made up) and a ½ c blueberries. Chill. This can be made with all sugar free ingredients if you wish.

LET'S LAUGH (OR AT LEAST SMIRK): Am I the only one that noticed my priorities now are: go to bed early, not leave the house and not go to a party. Wasn't that all our childhood punishments? If you want to contact me to let me know what you think remember I'm

Always available to talk 5 missed calls and 7 text messages later.

Something to Think About: Remember most of stress comes from how we respond not what's really going on.

THANK YOU FRAN for your assistance with the Newsletter.

Welcome to the Florida Senior & Community Center

MAY 2026

SUN	MON	TUE	WED	THU	FRI	SAT
					1 11:00 Chair Yoga 12:00 BINGO	2
3	4 11:00 Chair Yoga 11:30 Puzzle, Game or Movie 6:30 Evening Yoga	5	6 9:00 ADMIN 10:00 Friends Mtg. 11:00 COA Mtg.	7	8 11:00 Chair Yoga 12:00 BINGO	9
10	11 11:00 Chair Yoga 11:30 Come a nd help us celebrate all mothers. We will have refreshments 6:30 Evening Yoga	12	13 9:00 ADMIN 11:00 Chair Yoga 11:30 Make and Take May Baskets	14	15 11:00 Chair Yoga 12:00 BINGO	16
17	18 11:00 Chair Yoga 12:00 Knit or Crochet 6:30 Evening Yoga	19	20 9:00 ADMIN 11:00 Chair Yoga 11:30 Talk of the Town. Come and reminisce. Refreshment will be served.	21	22 11:00 Chair Yoga BROWN BAGS 12:00 BINGO	23
24	25 11:00 Chair Yoga 11:30 "Who said it" We'll do a Trivia session	26	27 9:00 ADMIN 11:00 Chair Yoga 11:30 Make and Take Bacon Dip Mix	28	29 11:00 Chair Yoga 12:00 BINGO	30/31

NOTE:

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)

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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.

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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!

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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

Don't think to yourself that a scam can't happen to you. This writer thought she was very savvy to scams and still fell victim to computer hostage scam.