



*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:*)

*0 - Town Administrator (Joan Lewis)  
Board of Selectmen (Neal Oleson, Chair)  
Board of Health (Al Bedini, Chair)*

*0 - Accountant (Rebecca Choquette)*

*1 - Treasurer (Stacy Abuisi)*

*Tax Collector (Stephanie Pare)*

*2 - Assessor's Office (Krista Bishop)*

*3 - Town Clerk (Lisa Brown)*

*4 - Senior Center (Sue Oleson, Director,  
Joyce Von Tilborg, Co-Director)*

*5 - Highway Foreman (Jim White)*

*6 - Fire Department (Mike Gleason, Chief)*

**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:** July is here bringing us not only the 4<sup>th</sup> of July! Let's celebrate! but the 2<sup>nd</sup> annual Florida Senior Center Car Show! looking forward to you joining us for all our new programs. We've got so much going on and all are welcome. This month's "Make and Take" projects are; how to make homemade Ranch Dressing (come see us for this one you'll get to taste it and take some mix home too!), for the second project come learn how to make a bottle light! We're still exercising here at 11:30 every Monday, Wednesday and Friday come join us. **Car Show on the 18<sup>th</sup>! We'll have a variety of food and a Chinese Auction!**

**What's up here?** We're into haying and getting wood in, as well as, gardening and on and on and on. It's that busy time of year. The grandchildren are wild as ever. Luckily the pool is open and that amuses the 3 oldest. Of course, they still need to be watched but they're contained in the pool circle! The 2 and ½ year old and 2 year old that's a challenge and they work together! So yeah, we're busy and life is hectic, fun and exhausting!

**How many words can you make out of ?** Hayfever

**Word Power:** Scrumdifferous is an adjective for something that is 1<sup>st</sup> rate or excellent.

**New Word...** Snirtle and it means....

**Trivia Everyone Never Needed to Know:** There are some Dutch nursing homes that are offering students free housing. In exchange, these students keep the residents company for 30 hours a month. Many have made life long friendships. (What a great idea!)

Keys were invented over 4,000 years ago.

There are over 40,000 varieties of rice! And in some Asian countries rice is eaten for all 3 meals!

**Health Fact:** The best Cancer fighting food is broccoli! So eat up.

**Man Tip:** Sick of your seat belt latch sliding down into the seat out of reach? Cut a small piece of pool noodle off and slide onto the webbing just below the latch. Problem solved!

**In the Kitchen:** Can't get the last of the mayo out of the jar? Add oil, herbs of choice, spices and vinegar to jar seal and shake. It cleans the jar and you have homemade salad dressing.

**Household Tip:** Soak orange peels in vinegar for 2 weeks. Pour into a spray bottle. You can use this as a cleaner or ...Ants hate it!

# Welcome to the Florida Senior & Community Center

**Recipe Time:** Parmesan Broccoli: toss broccoli in olive oil, place on a baking sheet sprinkle with salt, garlic powder and parmesan cheese (or vegan substitute). Bake at 375 degrees for 12 minutes. Serve with your favorite entrée.

**Dessert:** Mug Microwave Peach Cobbler: Slice one fresh peach into a microwave safe mug. Next mix together 3 Tbsp oats, 1 Tbsp flour, 1 Tbsp brown sugar, ¼ tsp cinnamon and 1 Tbsp butter or coconut butter. Sprinkle mixture over peaches. Microwave on high 2 and ½ to 3 minutes.

Let rest when done. Top with ice cream and enjoy, can also top with whipped topping instead of ice cream. Can you sugar free sweetener for a sugar free alternative. **Caution very hot!**

**LET'S LAUGH (OR AT LEAST SMIRK):** I've noticed people will ask me what I'm doing tomorrow like I even know what day today is! I also find it amusing that people think I'm an adult because of my age. I'm still doing the same dumb stuff I use to do only slower!

**Something to Think About:** Stop! Take a breath and just notice. Notice what? The sounds, the smells, the day, we only get this one once.

THANK YOU FRAN for your assistance with the Newsletter.

# Welcome to the Florida Senior & Community Center

## JULY 2026

SUN	MON	TUE	WED	THU	FRI	SAT
			<b>1</b> 9:00 ADMIN 10:00 Friends Mtg. 11:00 COA Mtg.  12:30 BINGO	<b>2</b>	<b>3</b>  CENTER CLOSED FOR THE HOLIDAY	<b>4</b>
	<b>6</b> 11:00 Chair Yoga  11:30 Who said it: TRIVIA QUESTIONS	<b>7</b>	<b>8</b> 9:00 ADMIN  11:00 Chair Yoga  11:30 Men and Women Social Refreshments will be served	<b>9</b>	<b>10</b>  11:00 Chair Yoga  12:00 BINGO	<b>11</b>
<b>12</b>	<b>13</b> 11:00 Chair Yoga  11:30 Knit or Crochet	<b>14</b>	<b>15</b> 9:00 ADMIN 11:00 Chair Yoga  11:30 Make and Take Ranch Dressing	<b>16</b>	<b>17</b>  11:00 Chair Yoga  12:00 BINGO	<b>18</b> OLD CAR SHOW & Chinese Auction
<b>19</b>	<b>20</b> 11:00 Chair Yoga 12:00 Let's work on a puzzle or a game of your choice (SCRABBLE)	<b>21</b>	<b>22</b> 9:00 ADMIN 11:00 Chair Yoga  11:30 POT LUCK LUNCH (Pls. sign up)	<b>23</b>	<b>24</b>  11:00 Chair Yoga  BROWN BAGS  12:00 BINGO	<b>25</b>
<b>26</b>	<b>27</b> 11:00 Chair Yoga 11:30 Come watch a movie, we'll provide the popcorn	<b>28</b>	<b>29</b> 9:00 ADMIN 11:00 Chair Yoga  11:30 Make and take: Bottle lights (Bottles. Lights and decals will be provided)	<b>30</b>		

**NOTE: \*\* OLD CAR SHOW – RAIN DATE 7/25 No Evening Yoga during the months of July and August**

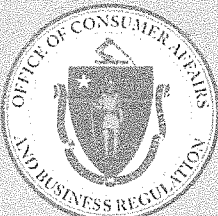
# Consumer Alert: Contractor Scams

## 10 Ways to Protect Yourself

- 1 Request the contractor's Home Improvement Contractor (HIC) Registration number.
- 2 Research contractor registration status and disciplinary history at [ContractorHub.mass.gov](http://ContractorHub.mass.gov) to make an informed decision.
- 3 Know that by law, any website or advertising must have the contractor's HIC registration number displayed.
- 4 Don't hire an unregistered contractor to work on your home.
- 5 Don't pay more than 1/3 the estimated cost upfront, unless special order materials are needed.
- 6 Never pay in cash.
- 7 Always have a written contract signed by both parties.
- 8 Require that the contractor pull the building permit.
- 9 Get references and check them.
- 10 Ask for proof of insurance.



**Important:**  
If a contractor refuses to provide you with the information listed here, find someone else who will.



**Massachusetts Office of Consumer Affairs and Business Regulation**

[mass.gov/consumer](http://mass.gov/consumer) | [ContractorHub.mass.gov](http://ContractorHub.mass.gov) | [consumer@mass.gov](mailto:consumer@mass.gov)  
Consumer Hotline: 617-973-8787. Live language translation is available.



**For immediate release:**

May 20, 2026

## **Advisory: Registry Alerts Public About Text Scam**

*Fraudulent message has “marmv” in the URL and requests payment.*

*This text should be deleted.*

**BOSTON** - The Massachusetts Department of Transportation Registry of Motor Vehicles (RMV) is alerting the public of a new text message scam which tells recipients they owe money for driving infractions and that the recipient must immediately visit a fraudulent website to make payment that is due. Everyone should be suspicious of texts that tell the recipient it is urgent to act and make payments, as the RMV does not send people text messages requesting payment. This new scam fraudulently claims to represent the RMV and even has in the payment URL letters that would lead a person to think the text was from the Massachusetts RMV.

"The RMV never texts individuals to communicate that they owe money and anyone receiving a text on their phone which asks for payment of 'driving infractions', tolls, fees or other unpaid balances, should immediately delete that text message," **said Registrar of Motor Vehicles Colleen Ogilvie**. "It is unfortunate that there are bad actors who have malicious intent. The RMV does not send a payment link in a text. We urge everyone to delete these texts, alert family and friends to this scam, and to only use the official RMV website: Mass.Gov/RMV."

This new text scam has the following content:

*“MASSACHUSETTS REGISTRY OF MOTOR VEHICLES FINAL OFFICIAL NOTICE. Based on Massachusetts RMV files, you hold unsettled driving infractions. In accordance with M.G.L. c.90 § 22 & c.90C § 3, complete settlement shall be finished by May 18. Failure to abide shall bring about compulsory official penalties: Starting May 19: Automobile Enrollment will be entirely CANCELLED. Before all outstanding dues are cleared: Operator Permit gets PERMANENT HALT. Unpaid dues shall be forwarded for civil ruling and liable to highest legal charges and sanctions. Pay Traffic Tickets Online...”(the scam link URL is here)...”Reply Y, then reopen this message to tap the link, or copy and paste it into your browser. ACT NOW TO AVOID LOSS OF DRIVING PRIVILEGES.”*

MassDOT regularly urges members of the public to be cautious about text and phone scams demanding payment of outstanding balances. Customers should not click links contained in those messages.

MassDOT is underscoring that:

- The RMV will never request payment by text.
- EZDriveMA will never request payment by text.
- All links associated with the RMV are at Mass.Gov/RMV and for Massachusetts toll collections at EZDriveMA: [www.EZDriveMA.com](http://www.EZDriveMA.com) .

The FBI recommends individuals that receive the fraudulent messages do the following:

- File a complaint with the IC3, [www.ic3.gov](http://www.ic3.gov) and be sure to include the phone number from where the text originated and the website listed within the text.
- For RMV information, check your account using the RMV website. Contact the RMV using the customer service number at (857) 368-8000.
- For EZDriveMA information, check your account using the toll service's legitimate website. Contact the toll service's customer service phone number at (877) 627-7745.
- Delete any smishing texts received.
- If you clicked any link or provided your information, take efforts to secure your personal information and financial accounts. Dispute any unfamiliar charges.

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## **Florida Free Library**

56 North County Rd. | Florida, MA 01247

(413) 664-0153

director@floridafreelibrary.com

Opening Hours: Mondays 10:00-4:00 p.m.

Wednesdays 1:00-6:00 p.m.

Thursdays 1:00-6:30 p.m.

**SUMMER HOURS TUESDAY AND WEDNESDAYS 2:00-7:00 P.M.**

### **SUMMER PROGRAMS AT THE FLORIDA FREE LIBRARY**

**\*TUESDAY, JULY 7<sup>TH</sup> FIELD TRIP TO DEERFIELD GENERAL STORE, RIACHARDSON'S CANDIES AND SOME GREENHOUSE ALONG THE WAY (OH AND LUNCH SOMEWHERE AS WELL!) WE WILL CARPOOL!**

**\*SATURDAY, JULY 11<sup>TH</sup> 10:00-12:00 COFFEE, TEA AND NEW ENGLAND STONEWALLS WITH KEVIN GARDNER AUTHOR OF THE GRANITE KISS: TRADITIONS AND TECHNIQUES OF BUILDING NEW ENGLAND STONE WALLS.**

**\*SATURDAY, AUGUST 29<sup>TH</sup> 10:00-12:00 MUSHROOM FORAGING WALK WITH JONATHAN KRANZ...LAST FALL WE LEARNED HOW TO IDENTIFY, THIS LATE SUMMER WE FORAGE!!**

*REMINDER: Please contact us at the Florida Library 664-1053 or TEXT 413-329-0590 or email: [director@floridafreelibrary.com](mailto:director@floridafreelibrary.com) to register for the summer events...*