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MARY SPITZER CENTER
116 ASHLAND STREET
HOURS: 8:00 am - 4:00 pm
North Adams Council on Aging
413-662-3125
spitzerentr@yahoo.com

"THE BULLETIN"

AUGUST 2026



"Hip Hop" Square Dance for Seniors Boots on the



Ground
Thursday, August 13th @ 1:30

Rondae Drafts, PH.D.abd. Will be holding this fun-filled event. During the class, seniors will receive basic dance instructions. Hip Hop Square dance is a type of social, fun dance activity where we perform the routines in four (4) different directions. Instead of an in-person caller, hip hop square dance, uses recorded instructions. Evidence in current research suggests that physical activity can slow down the decline of cognitive disabilities and may improve the quality of senior life. The class is fun and exciting, a perfect mix of mental stimulation, social interaction and low-impact physical activity. Call the Center at 413-662-3125. Grab your cowboy hat and your cowboy boots and join in!



Please be advised that the Balance Class is being canceled on this day.

29th Annual North Adams
Downtown
Celebration
Wednesday
August 12th
5:30pm to
8:00pm



Thank You to
Our Gardener Volunteers
James & Lydia Carollo
Bill Shepard

for your care, your time, &
your heart you give to the
Mary Spitzer Center's
newly landscape grounds &
& garden.



Coming on Tuesday,
September 8th at 10 AM.
Sophie Carnes Jennen,
FNP, will be holding a
class on Fall Prevention.



To accommodate the Center's 1 PM summer closing time, Cornhole will now be played on Mondays at 12:30 PM through August 31st.



Additional information of events will be found on page 5 of the bulletin

Mailing of this newsletter is made possible by a grant from the MA Executive Office of Elder Affairs.

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Laura Harbin-Waters
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Reflexology is a complementary therapy using pressure on specific points on the feet, hands, or ears, believed to correspond to other body parts, aiming to relieve stress, improve circulation, and support body's natural functions. \$20 for 15 minutes.

August 20th & 27th

Appointments are required.

Call the Center at 413-662-3125 to secure your scheduled time slot for your Reflexology session.

29th Annual North Adams Downtown Celebration



Wednesday, August 12th 5:30—8:00PM

(rain date August 11th) Main Street and surrounding area of Eagle, Holden and the northern portion of Ashland Street will be closed to all but pedestrian traffic. Groups, businesses and organizations distribute information, hold contest and giveaways, while bands play everything from Dixieland to Rock and Roll. Delicious aromas fill the air as our local restaurants and vendors provide all kind of wonderful food.

This all-ages street fair is sure to please.

2026 North Adams Motorama
Sunday August 30th
9:00am to 3:00pm

**NORTH ADAMS
MOTORAMA**
A CELEBRATION OF ALL THINGS MOTORLESS



Revive up your engines for the
14th Annual 2026 North Adams Motorama!
Rain date: Saturday, September 5th.

2026 Windsor Lake Concert Series



FREE weekly concert series, hosted by the City of North Adams, Wednesdays at 6:30 pm from the first Wednesday on July 1st through the last Wednesday on August 26th, except for the week of Downtown Celebration (8/12/26). Parking is free and the rest rooms will be available at the time of these concerts.



We're serving up a special treat for everyone! We'll be hosting a monthly "Popcorn Day" on the 3rd Thursday of every month. Grab a bag, take a well-deserved break, come and enjoy some buttery goodness here at the Center.

Are you a Veteran or a Veteran Widow?
Veteran's Service Officer

Kurtis Durocher can
advise you about available
benefits.

Location:

Veterans Services

City of North Adams

10 Main Street, North Adams MA

Phone Number: 413-662-3040



Coming Thursday August 13th @ 10:00AM

Zumba Gold

Zumba Gold is a modified, low-impact dance fitness program designed specifically for beginners, active older adults and those recovering from injury. It features easy-to-follow Latin and international rhythms and eliminates jumping and high-impact movements, making it safe, approachable way to build cardiovascular health, balance and coordination. Hope you'll join us for the fun.



Free Blood Pressure Clinic
Thursday, August 27th at 12pm

Nancy Slattery, Berkshire Public Health Alliance, will be here at the Center. Appointments are not required.

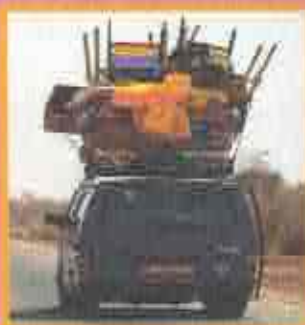
"MAKING SPACES FOR WHAT MATTERS"
"OR"

DEMYSTIFYING DECLUTTERING & MOVING"

Emily Kloeblen owner of All That Matters will be coming to the center on Tuesday September 13th at 9:30AM. She will be speaking during our Drop In-Coffee Hour.

DESCRIPTION OF HER PRESENTATION

Interested to simplify your belongings to create space? Overwhelmed by the prospect of moving yourself or a loved one? Having a hard time feeling settled in your new home? Emily will be sharing helpful tips and tricks for tackling the often daunting task of downsizing, moving and resetting.



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Announcement

We know how much everyone loves and enjoys REIKI, however, REIKI will not be held in the month of September in order for Mary to take some much needed vacation time.

"ENJOY MARY"

August 2026

Monday	Tuesday	Wednesday	Thursday	Friday
3 8:50 Exercise Video 10:00 Cribbage 10:15 Meals on Wheels 11:30 Hot Lunch 12:30 <i>Cornhole</i>	4 9:00 <i>Panera & Shopping</i> 9:00-10:00 <i>Spitzer Center</i> <i>Drop-In Coffee Hour</i> 9:30 Foot Nurse by Appointment 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo 1:30 Mahjong	5 9:00 <i>Beginner's Tai Chi</i> 9:30 Tai Chi 10:15 Meals on Wheels 10:45 <i>Reiki by Appt.</i> 11:30 Hot Lunch 1:00 Chair Yoga	6 10:00 <i>Northern Berkshire Retirees Club</i> 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo 1:00 Chair Balance	7 8:50 Exercise Video 10:00 Pitch 10:15 Meals on Wheels 11:00 <i>Mountain Girl Farm</i> 11:30 Hot Lunch 1:00 <i>Spitzer Center Closed</i>
10 8:50 Exercise Video 10:00 Cribbage 10:15 Meals on Wheels 11:30 Hot Lunch 1:00 <i>Elder Services Executive Meeting</i> 12:30 <i>Cornhole</i>	11 9:00-10:00 <i>Spitzer Center</i> <i>Drop-In Coffee Hour</i> 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo 1:30 Mahjong	12 9:00 <i>Beginner's Tai Chi</i> 9:30 Tai Chi 10:15 Meals on Wheels 11:30 Hot Lunch 1:00 Chair Yoga	13 10:00 <i>Zumba Gold</i> 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo 1:00 <i>No Chair Balance</i> 1:30 <i>Hip Hop Square Dance For Seniors</i>	14 8:50 Exercise Video 10:00 Pitch 10:15 Meals on Wheels 11:00 <i>Mountain Girl Farm</i> 11:30 Hot Lunch 1:00 <i>Spitzer Center Closed</i>
17 8:50 Exercise Video 10:00 Cribbage 10:15 Meals on Wheels 11:30 Hot Lunch 12:30 <i>Cornhole</i>	18 9:00 <i>Panda House Rest., Bartlett's Orchard & Shopping</i> 9:00-10:00 <i>Spitzer Center</i> <i>Drop-In Coffee Hour</i> 9:30 Foot Nurse by Appointment 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo 1:30 Mahjong	19 9:00 <i>No Tai Chi</i> 10:15 Meals on Wheels 10:45 <i>Reiki by Appt.</i> 11:30 Hot Lunch 1:00 Chair Yoga	20 9:30 <i>Reflexology by Appt. Jennifer Wojtkowski, RDN N.A. & Wms. Commons</i> 10:00 <i>Popcorn Day</i> 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo 1:00 Chair Balance	21 8:50 Exercise Video 10:00 Pitch 10:00 <i>Summer Safety Tips, Sophie C. Jannati, FNP, Berkshire Health Alliance</i> 10:15 Meals on Wheels 11:00 W. Mass Food Truck 11:00 <i>Mountain Girl Farm</i> 11:30 Hot Lunch 1:00 <i>Spitzer Center Closed</i>
24 8:50 Exercise Video 10:00 Cribbage 10:15 Meals on Wheels 11:00 <i>Elder Services Caregiver Meeting</i> 1:30 Hot Lunch 12:30 <i>Cornhole</i>	25 9:00-10:00 <i>Spitzer Center</i> <i>Drop-In Coffee Hour</i> 10:00 <i>Erica Beaudry, Medicare Advisor</i> 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo 1:30 Mahjong	26 9:00 <i>No Tai Chi</i> 10:15 Meals on Wheels 11:30 Hot Lunch 12:30 <i>Triad Pizza Party</i> 1:00 Chair Yoga	27 9:30 <i>Reflexology by Appt.</i> 10:15 Meals on Wheels 10:30 <i>Fallon Health</i> 11:30 Hot Lunch 12:00 <i>Free Blood Pressure Clinic</i> 12:10 Bingo 1:00 Chair Balance	28 8:50 Exercise Video 10:00 Pitch 10:15 Meals on Wheels 11:00 <i>Mountain Girl Farm</i> 11:30 Hot Lunch 12:30 <i>Brown Bag</i> 1:00 <i>Spitzer Center Closed</i>
31 8:50 Exercise Video 10:00 <i>Massage by Appt.</i> 10:00 Cribbage 10:15 Meals on Wheels 11:30 Hot Lunch 12:30 <i>Cornhole</i>				

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Kathy's Panera & Shopping Trip

Tuesday August 4, 2026

We're off to Panera for another delicious lunch. Then we're off to go shopping, just in time to enjoy some great summer sales. Don't forget to call the center to reserve your seat.



It's time once again to travel with Kathy on her second trip on Tuesday, August 18th. You'll be dining at the Panda House, then visiting Bartlett's Orchard and Bakery and then shopping at Price Chopper Marshalls and Kohl's. Have fun.



Sophie Carnes Jannen, FNP, Public Health Nurse from the Berkshire Public Health Alliance is scheduled to come to the Center on Friday, August 21st at 10AM. Her conversation will focus on Summer Safety Tips.

Don't let mosquitoes and ticks ruin your summer.

- Use insect repellents containing DEET.
- Wear long-sleeved shirts and long pants
- Tuck your shirt into your pants
- Stay on the trails when hiking in woods and fields. Stay in the middle of trail
- Inspect yourself carefully for insects or ticks
- If you have pets that go outdoors, spray with repellent made for their breed/type.

Grilling

- Always supervise a barbecue grill when in use. Never add charcoal starter when coals have been ignited.
- Never grill indoors.
- Make sure everyone, including pets stay away from the grill.
- Don't leave perishable food out in the sun.

TRIAD Pizza Party

Wednesday, August 26th @ 12:30

Held at Mary Spitzer Center

Contact Gary Phillips to reserve your seat.

Reminder: Bring your own beverages and desserts

Drop-In Coffee Hour



On Tuesdays of each month we will be holding a Drop-In Coffee Hour from 9am-10am. For your liking, baked goods will also be available. Hope you'll join us as we socialize with friends & neighbors.

"Emotions can trigger a desire to eat." "Tips for taking control Emotional Eating"

This is the second session being presented by Jennifer Wojtkowski, RDN from the Williamstown Common. This presentation will be a discussion on Emotional Eating that will take place on **Thursday August 20th at 9:30AM**. If you have recently eaten and find yourself craving food again, do a quick emotional check. Do you want food because you are hungry – or to fill an emotional need? Here are some tips to keep your eating in check:

Remember which emotions and situations trigger you to eat.

Write a list of other things to do to fulfill that emotional need, for example, call a friend, take a walk, drink some water or another zero-calorie beverage, send an email to a pal or do a few yoga stretches.

Assess your physical hunger using the Hunger-Satiety Rating Scale.

Track the food you eat, how hungry you are when you eat and how you feel at the time. You may get a better idea of which emotions trigger eating when you are not physically hungry.

If you are having a hard time, reach out for help. Involve family members and friends to help support your weight loss efforts. Support groups, therapy and members of your health care team can also help.

Her third session will be discussing Diabetic Meal Planning that will be held on **September 21st at 1PM**.