November 2026

The Buzz

3 Hoosac Street ~ (413) 743-8333

Monday, Tuesday, Thursday 8am-4pm
Wednesday 8am-5pm, Friday 8am-12pm

Adams Council on Aging
15th Annual Holiday Party

Friday, Dec. 4th, 2026 12:00 - 4:00 PM
Bounti-Fare Restaurant
BUFFET: Sliced Roast Beef, Baked Stuffed Chicken, Salad, Vegetable, Mashed Potatoes w/Gravy, Mac & Cheese, Cookies, & Brownies
Music/Cash Bar/50-50 Raffle/Auction
$25 per person $20 Friends of Adams COA Member

№ 011

Tickets for the COA Holiday party on Friday December 4th are available for purchase at the Adams COA until Monday November 30th



Please weclome Sarah Kline as the Adams COA Outreach Coordinator, starting December 1st!

Sarah is a long-time Adams resident coming to us from the Williamstown COA. We are very excited to have her join our team. Look for a meet & greet event in the December issue of The Buzz to give her a proper Adams COA welcome!

Friends of the Adams COA Holiday Tea
Wednesday, December 16th, 1pm
At the Adams COA

$5 per person, Friends Members Only. Tea and Treat will be served, holiday festivities will be had, and Ed St. John will read a classic holiday story. Seating is limited to 40 people. Reservations are required and can be made at the COA.

COA THANKSGIVING SCHEDULE

Closing at Noon Wednesday, Nov 25th - Grab & Go lunch, No Van Service.
CLOSED Thursday, November 26th & Friday, November 27th.

VETERANS DAY
HONORING ALL WHO SERVED

Veterans Luncheon
Thursday, November 12th

Please join us at the COA as we honor our Veterans.
11:30am- Pizza and Salad with entertainment by Lighten Up Duo
12:00pm- Honor Guard Ceremony by the Adams American Legion POst 160, followed by Cake and Patriotic Songs by Lighten Up Duo
Call the COA to register, 743-8333.

HospiceCare in The Berkshires, Inc.
AN AFFILIATE OF INTEGRITUS HEALTHCARE

Remembrance Ceremony

Wednesday, November 18th at 3:00pm

You're invited to join us as we celebrate the memory of those who have been a part of our lives. This service gives you an opportunity to enjoy special music, thoughtful readings, and a meaningful way to celebrate the memory of your loved ones. Reception and light refreshments will follow. No registration is required and it is open to the public.

IMPORTANT REMINDERS:

- All SNAP recipients must activate their new DTA chip/tap EBT cards by Nov 29th before your old cards are deactivated.
- Medicare Open Enrollment ends Dec 7th

Millhouses of Adams
Wingate Management Company, Inc.
Elderly & Family Apartments
• Rent 30% of Income
On Site Laundry • Social Activities
75 COMMERCIAL STREET, RT. 8
ADAMS, MA
Call 413-743-2375

ADAMS
PHYSICAL THERAPY, LLC
Heal. Function. Perform
www.adamsphysicaltherapy.com
413.743.2600
Hours: M-W 9-5:30 • T, TH 8:30-5 • F 9-3
1 Berkshire Square, Suite 109 • Adams, MA
Lori Garabedian, PT/CEO
Jennifer Welch, MSPT
Shannon Yorke, PTA
Cindy Bird, Front Office Coordinator

MidTown
TAX & BOOKKEEPING CO., INC
ROBERT C. BLAIR, OWNER
44 Spring Street, Adams, MA
Tel: 413.743.4933 | bob.blair@midtown-tax.com
Personal Service • Professional Results

Never miss our publication!
Get each new issue delivered straight to your inbox.
Scan to subscribe on MyCommunityOnline.com



WE'RE HIRING
Ad Sales Executives
- Paid Training
- Some Travel
- Work-life Balance
- Full-time with Benefits
- Serve Your Community

Visit www.4lpi.com/careers

RECREATIONAL CANNABIS
INDICA
ADAMS, MA
127 Columbia St., Adams • 413.776.7066
WWW.INDICAMA.COM

Little space. Big impact.
Advertise here
Call 800-950-9952

Our community wouldn't be the same without you!

UCP
of Western Massachusetts
Contact us today

ADULT FAMILY CARE
Caring for a loved one at home?
- Financial support for eligible caregivers
- Case Management & RN Oversight
- Coordination of medical & social service providers
- Caregiver Training & Support

413-664-9345 ext 225 | www.ucpwma.org

No act of kindness is ever wasted

ADAMS COA & COMMUNITY PROGRAMS





Transportation

ADAMS COA VAN TRANSPORTATION

Adams Residents Monday–Thursday 8a–3p
Savoy Residents Tuesday–Thursday 8a–3p
*For residents 60+ years old.
*Travels within Adams, North Adams, Savoy, and Williamstown.
***Outside door-to-Outside Door Service ONLY.**
*Please call at least 2 business days prior to your travel needs, as we cannot accommodate same day or short-notice requests.
*Suggested donation of $1 per town, each way.
Please call 413-743-8333 to schedule your ride.

ADAMS COA LONG-DISTANCE MEDICAL TRANSPORTATION

Adams, Cheshire, and Savoy Residents
Monday-Thursday 8a-4p, Friday 8a-12p
*For residents 60+ years old.
*Only available for medical appointments outside of Northern Berkshire County.
*Travels within Massachusetts, as well as to Albany and Bennington.
*Based on Volunteer Availability. Please call as soon as you have an appointment scheduled so a volunteer driver can be secured.
*Donations are suggested but not required.

This program is funded in part by a grant from Elder Services of Berkshire County, Inc., and the Executive Office of Aging and Independence (AGE).

Food Assistance

ADAMS COA FOOD PROGRAMS

- **Dining Center** - Mon thru Thu sit-down lunch served at 11:30am, Friday Grab & Go take out from 11-11:30am. Reservations required by 11am the business day before.
- **Mobile Food Bank** - 2nd & 4th Tuesday of every month from 12:30-1:30pm, open to the general public, no application needed.
- **Brown Bag** - 4th Friday of every month 11am-12pm (*subject to change based on the Food Bank of Western MA's operations), must be 60+ years old or under 50 with a documented disability; application is required.

COMMUNITY FOOD PROGRAMS

- **First Congregational Church of Adams Food Pantry** - 3rd Wednesday of every month from 5-7pm at 42 Park St
- **North Adams Mobile Food Bank** - 1st & 3rd Friday of every month from 10:30-11:30am at the Brien Center Parking Lot, 124 American Legion Dr.

Utility Assistance

- **Berkshire Community Action Council (BCAC)** 413-663-3014, www.bcacinc.org
- **Salvation Army Good Neighbor Energy Fund** 413-663-7987, www.magoodneighbor.org
- **Town of Adams Community Choice Power Supply Program- First Point Power/Colonial Power Group** 1-866-485-5858 x1, www.colonialpowergroup.com/adams
- **Mass Save** 1-866-527-SAVE(7283), www.masssave.com
- **National Grid Payment Assistance** 1-800-322-3223, www.nationalgridus.com

Other Community Transportation Resources

Due to the volume of transportation requests and availability of the COA vans and Nissan Rogue, the Adams COA may not always be able to accommodate your needs. Here are some additional medical transportation resources available to residents:



- RSVP Wheels for Wellness, 413-499-9345.
- Fallon Navicare Insurance, call your Navigator.
- Soldier On (for Veterans Only), 413-418-4300.
- Prescription for Transportation (PT-1 Form, for MassHealth Only), contact your doctor's office.

ACTIVITIES & PROGRAMS

Adams Council on Aging



ART WITH DONNA LONCTO

Mondays | 12:30-2:30pm *

On Hiatus until further notice.

Mixed media art classes. $5 per class, payable to Donna. All levels welcome



CHAIR YOGA W/ MARYANNE

Tues & Thurs | 9:00-10:00am

Donations are graciously accepted by instructor Maryanne Kufs.



CRIBBAGE

Mondays | 10:00am

Wednesdays| 12:30pm

Instruction by peers provided as needed. **Not a cribbage league**.



DOMINOS

Every Other Tues | 12:30pm

Upcoming dates: November 3rd & 17th; December 1st, 15th, & 29th



DANCE YOGA W/ MARYANNE

Wed, Nov 18th | 10:00am

Typically the 2nd Wednesday of every month. Changed to 3rd Wed for Nov due to holiday Nov 11th



SCRABBLE

Every other Tues | 12:30pm

Upcoming dates: November 10th & 24th; December 8th & 22nd



CASH BINGO

Monday, Nov 16th | 12:30pm

Limited to 40 people, age 60+. Reservations are required. $2 per card, 3 card limit.



PITCH

Thursdays | 12:30pm

Instruction by peers provided as needed. **Not a pitch league.**



BLOOD PRESSURE CLINIC

3rd Tue of the month | 10:30am

Nov 17th until 11am. Appointments and walk-ins welcomed.

Offered by local RN Luanne Rose.



FOOT CARE CLINIC

3rd Tue of the month | 8a-3p

Nov 17th, by appointment only. $45 payable to RN Lynette Dukehart.



GRANDPARENTS RAISING GRANDCHILDREN GROUP

1st Fri of the month | 10:00am to 12pm. Drop in coffee group run by nbCC. Questions: 413-663-7588 or email info@nbccoalition.org



ALZHIEMER'S CAREGIVER SUPPORT GROUP

2nd Tue of the month | 3:00pm

Upcoming dates: Nov 10th, Dec 8th. Offered by Beth Mougin, LCSW



LIVING AFTER LOSS GRIEF SUPPORT GROUP

2nd Wed of the month | 1:00pm to 2:30pm. Losing a loved one is difficult, talking with other can help.

Upcoming date: December 9th



SOCIAL GROUP

Last Mon of the month | 12:30pm

Upcoming date: *STAY TUNED*

A casual coffee group with great conversation.



CYBER SENIORS

Mondays | 12:00-1:00pm

by appt. One-on-one Tech Support from Destiny Ealser, Cyber Seniors. cyberseniors.org, 844-217-3057



WHAT ELSE SHOULD WE OFFER??? LET US KNOW!

Weekday? | Time ?

NOVEMBER 2026 ~ ADAMS COA ACTIVITY & PROGRAM CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Goodwill	**3** Donation	**4** Bins	**5** At The	**6** Adams COA
10:00 Cribbage **11:30** Lunch **12-1** Cyber Seniors- Tech Support by Appt **3:00** COA Board Meeting	**Election Day Voting at Mmeorial Building** **9-10** Chair Yoga **11:30** Lunch **12:30** Dominos **1:00** Crafters	**11:30** Lunch/November Birthdays Celebration **12:30** Cribbage/Pitch **12:30** Friends Meeting	**9-10** Chair Yoga **9-1** Medicare Open Enrollment (by appt) **11:30** Lunch **12:30** Pitch	**10-12** Grandparents Raising Grandchildren **11-11:30** Grab & Go Lunch **10:30-11:30** North Adams Mobile Food Bank
9	**10**	**11** CLOSED	**12**	**13**
10:00 Cribbage **11:30** Lunch **12-1** Cyber Seniors- Tech Support by Appt	**9-10** Chair Yoga **11:30** Lunch **12:30** Scrabble **12:30-1:30** Mobile Food Bank **1:00** Crafters **3:00** Alz Caregiver Support Group	VETERANS DAY	9-10 Chair Yoga **9-1** Medicare Open Enrollment (by appt) **11-1** Mountain Girl Farm Mobile Farmers Market **11:30** Veterans Luncheon w/ Honor Guard & Lighten Up Duo **12:30** Pitch	**11-11:30** Grab & Go Lunch
16	**17**	**18**	**19**	**20**
10:00 Cribbage **11:30** Lunch **12-1** Cyber Seniors- Tech Support by Appt **12:30** Bingo	**8-4** Foot Care Clinic (by appt) **9-10** Chair Yoga **10:30-11** BP Clinic **11:30** Lunch **12:30** Dominos **1:00** Crafters	**9-10** Dance Yoga **11:30** Lunch **12:30** Drumming **3:00** Hospice Remembrance Ceremony	**9-10** Chair Yoga **9-1** Medicare Open Enrollment (by appt) **11-1** Mountain Girl Farm Mobile Farmers Market **11:30** Thanksgiving Lunch **12:30** Pitch	**11-11:30** Grab & Go Lunch **10:30-11:30** North Adams Mobile Food Bank
23	**24**	**25** Closing at Noon	**26** CLOSED	**27** CLOSED
10:00 Cribbage **11:30** Lunch **12-1** Cyber Seniors- Tech Support by Appt **2-3** Brown Bag	**9-10** Chair Yoga **11:30** Lunch **12:30** Scrabble **12:30-1:30** Mobile Food Bank **1:00** Crafters	**11-11:30** Grab & Go Lunch	Happy Thanksgiving	GIVE THANKS
30		**SAVE**	**THE**	**DATES**
10:00 Cribbage **11:30** Lunch **12-1** Cyber Seniors		**12/2** Friends Meeting 12:30 **12/4** COA Holiday Party at Bounti-Fare 12-4	**12/8 & 22** Mobile Food Bank 12:30-1:30 **12/16** Friends Holiday Tea	**12/21** Brown Bag 2-3 **12/24 & 25** Closed for the holidays

Support Our Advertisers!

PROGRAMS & SERVICES

Adams Council on Aging

Drumming

WEDNESDAY, NOVEMBER 18TH | 12:30AM - 1:30PM

Join cultural educators from the Tamarck Hollow Nature and Cultural Center in a dynamic, hands-on participatory class focusing on folkloric and contemprary West African& Carribean drumming, percussion, and singing.

*This project has been supported in part by a grant from the William J. and Margery S. Barrett Fund, a fund of the Berkshire Community Taconic Foundation; and supported in part by a grant from the the Cultural Council of Northern Berkshire, a local agency which is supported by the MA Cultural Council, a state agency.

Mobile Farmers Market

THURSDAY NOVEMBER 12TH & 19TH | 11:00AM - 01:00PM

Join Mountain Girl Farm at the Adams COA to use your SNAP and HIP benefits year-round! They also accept Farmers Market Coupons July-October.

Insurance Counseling

THURSDAYS | 9:00AM - 3:00PM, BY APPOINTMENT ONLY

Erica Beaudry, Independent Insurance Broker specializing in Medicare, is at the Adams COA the 2nd Thursday of every month. During Medicare Open Enrollment (Oct 15th-Dec 7th), she is here every Thursday by appointment only. Currently all in-person appts are full, but you can fill out an intake packet at the COA and Erica's office will contact you over the phone to provide counseling. Her office can be reached at 413-626-9906, www.eafinancialsolutions.com.

Lunch

Mon-Thu Dining Center at 11:30AM
Fri Grab & Go pick up 11-11:30AM

Catered by Elder Services
Full Menu available at the Adams COA.
$3 suggested donation for 60+ yr olds.
$8 required fee for under 60 yr olds.
Lunch reservations **MUST** be made by 11am the business day before you'd like to attend in order to confirm your meal.

11/2 Mac & Cheese
11/3 Chicken a la King
11/4 Chicken Meatballs
11/5 Roast Beef w/ Gravy
11/6 Chicken w/ Gravy (Grab & Go)
11/9 Calico Beans & Sausage
11/10 Beef Stroganoff
11/11 CLOSED for Veterans Day
11/12 Veterans Lunch- Pizza & Salad
11/13 Veal Parm (Grab & Go)
11/16 BBQ Pulled Pork
11/17 Salmon Newburg
11/18 Beef Patty w/ Peppers & Onions
11/19 Thanksgiving Lunch- Turkey Dinner
11/20 Chicken Marsala (Grab & Go)
11/23 Chicken Pesto Sandwich
11/24 Stuffed Shells w/ Sauce
11/25 Beef & Cabbage Casserole (G&G)
11/26 & 27 CLOSED for Thanksgiving
11/30 Morrocan Beef Stew

News from Savoy:

HOUSING REHAB | HILLTOWN CDC 413-296-4536 X112

This program is designed to address building and sanitary code issues for single family homes in Savoy. Repairs can include septic/well issues, lead paint/asbestos removal, heating systems, electrical, plumbing, roofing, chimney, accessibile ramps, and others. Applications are available at Savoy Town Hall or you can contact Ann Marie Perrne at Hilltown CDC, www.hilltowncdc.org/rehab.

SAVOY BOOK CLUB AT TOWN HALL

Stay tuned for upcoming date(s) and book(s)!

SAVOY CRAFT & BAKE SALE | SATURDAY, NOVEMBER 21ST 9AM-3PM

At the Savoy Fire Dept, 17 Center Rd. Local vendors will have a variety of handmade items available. Proceeds benefit the Hilltown Hose Company.

Town Hall: 720 Main St, Savoy
413-743-4290, www.townofsavoy.com

Does your organization need a newsletter?
We'll cover the printing costs!

Learn more at lpicommunities.com

SBM
Dave Bissaillon, President
SMITH BROS. - McANDREWS INSURANCE
69 Park Street • Adams • 743-1216
www.smithbrosmcandrews.com

ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



ADT Authorized Provider | SafeStreets

833-287-3502

IF YOU LIVE ALONE

MDMedAlert!™

$1 Less Than a day

- ✔ Ambulance/Police
- ✔ Family/Friends
- ✔ GPS & Fall Alert*

CALL NOW! 800.890.8615 md-medalert.com



WE APPRECIATE OUR ADVERTISERS

They allow us to print this newsletter. Thank you!





Do you need help paying your Heating Bills?

Berkshire Community Action may be able to help!

2026 Income guidelines to qualify for Fuel Assistance

Family Size	Income
1	$53,585
2	$70,073
3	$86,561
4	$103,049

To learn more about what BCAC can do for you, contact us:

Central / South County
413-445-4503

North County
413-663-3014

If you are eligible for fuel assistance, you may qualify for more helpful programs.

HEAP HOME ENERGY ASSISTANCE PROGRAM

Follow us:

BERKSHIRE COMMUNITY ACTION

Visit our website: www.bcacinc.org

Advertise in Our Newsletter!

Contact Angela Haschka
ahaschka@4LPi.com
(800) 950-9952 x6106

ALL ABOUT US

Adams Council on Aging

Follow Us on Social Media and Online

www.facebook.com/Adams.Council.on.Aging

www.town.adams.ma.us/1249/Council-on-Aging



DISCLAIMERS

We make every effort to ensure the accuracy of the information in this newsletter; however, changes may occur after publication. Times and dates are subject to change, and programs may be added or canceled. Please call our office or visit our website to verify information.

The Adams Council on Aging (COA) offers many health, wellness, and informational presentations and workshops. We advise that individuals participating in these programs do so with the understanding that the Town of Adams or its employees do not assume any legal responsibility for any advice or services rendered by such providers and any advice or services offered by outside providers should not be presumed to be endorsed or sponsored by the Adams COA.

Our Mission

The mission of the Adams Council on Aging (COA) is to serve as a welcoming community resource for aging well; regardless of gender, color, sexuality or income; by offering a comprehensive coordinated network of programs, education, services, and advocacy to enhance the health, community, and well-being of persons sixty (60) years of age and over, their families, and caregivers in our community.

Our Advisory Board

Thomas Dubis, Chair
Aleta Moncecchi, Vice Chair
Elizabeth Mach, Secretary
Benjamin Aquista
Leona Meczywor
William Schrade Jr
Pamela St. John
Barbara Ziemba
Vacant



Our Staff



Admin Assistant
Jessica Bugbee
413-743-8333 x203
jbugbee@
town.adams.ma.us



Outreach Coordinator
Sarah Kline(Dec 2026)
413-743-8333 x202
skline@
town.adams.ma.us



Meal Site Coordinator
Kathy Polidoro
413-743-8333 x206
kpolidoro@
town.adams.ma.us



Van Drivers
Tim Alexander, Barry Garton, Bud Green, Dave Ronnow; Fill-in Drivers: John Bianchi, John Naughton



Custodians
Ray Keele
Kyle Wilson

From the Director

Hello, everyone, and welcome to the newly redesigned **The Buzz** newsletter! We hope you find this new format easier to navigate as you explore the many activities, programs, and services we offer here at the Adams Council on Aging (COA).

The holiday season is upon us—a time to reflect on our blessings and give thanks for the people and things that make our lives special. We hope the Adams COA is among the things you are grateful for! Our goal is to provide a welcoming place where Community and Connection thrive through socialization, education, collaboration, and advocacy. We believe there is strength in kindness and power in community. Whether you are already part of our COA family or are just getting to know us, we invite you to connect, participate, and become part of all that we have to offer. There is always room for one more!

Speaking of community, are you interested in making a difference in the lives of others? We are looking for caring, dependable individuals to join our incredible Van Driver Team! We are currently hiring per diem weekly and fill-in drivers. If you would like to learn more about this rewarding opportunity, please give us a call or stop by the office. We would love to chat with you!

Wishing you all a happy, healthy, and gratitude-filled holiday season!

Blessings,
Sarah



Sarah Fontaine, Adams Council on Aging Director
413-743-8333 x201 | sfontaine@town.adams.ma.us