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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
spitzercentr@yahoo.com

“THE BULLETIN”

JANUARY 2026

Happy New Year



*The Spitzer Center will be closed on the following days:
Thursday, January 1st in observance of New Year's Day
Monday, January 19th in observance of Martin Luther King, Jr.*

As we begin our new year, we give tribute to Dr. Martin Luther King Jr. (1929-1968). He was a pivotal American civil rights leader and Baptist minister, known for his powerful advocacy for racial equality through nonviolent civil disobedience, inspired by Gandhi. He led key events like the Montgomery Bus Boycott and the March on Washington, delivering his iconic “I Have a Dream” speech, which helped drive landmark legislation like the Civil Rights Act of 1964, earning him the Nobel Peace Prize. Tragically assassinated in 1968, his work advanced human rights and remains a symbol of peaceful resistance and justice.



Additional information for these events will be found in the following pages 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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North Adams Council on Aging
Facebook Page*

Exploring Your Life Story:

Journaling, Art & Guided Meditation with artist and writer

Joanna Gabler

You are warmly invited to a series of gentle, creative workshops where we will explore our life stories through journaling, simple art-making, and guided meditation.

No prior experience with writing, art, or meditation is needed--just your curiosity and your own life experience. Together we will create a safe, supportive space to reflect, share (only if you wish), and discover fresh meaning in the paths we've walked. Please bring your journal/notebook and pastels or crayons.

Monday, Jan. 5th, 12th, & 26th at 1:00pm

Each session will last approximately 1 to 1.5 hours.

If there is interest, the series may continue into the new year.

Registration is required call the Center 662-3125



We would like to express our deepest thanks to everyone who donated Christmas candy, Christmas cards and bags that were delivered to the North Adams and Williamstown Commons residents.

Not knowing all the names of everyone who donated in any way, it would be difficult to name everyone individually, but please know we are extremely grateful. Additionally, a special thank you to Gerry Lesure, Lynette Emery, Barbara Martin, Nancy Lescarbeau, Darlene Seaborne and Beth Wiggers who donated their time filling the candy bags and writing out the Christmas cards.

We are truly grateful for their help and support.

So, let us "One & All" carry the same good will into this New Year.

Grandparents Raising Grandchildren Support Group

Is more common than you may think.

In Massachusetts alone there are 31,000 multi-generational homes where a grandparent is raising a grandchild.

Are you one of these? Perhaps your child and their children live with you and you assist in the care of your grandchildren. Or you assist with caring for your grandchildren that do not live with you. This group is for you. A group of grandparents supporting each other on grandparenting in 2025. Open to all grandparents to share your grandparenting experiences, challenges and rewards. Please join us for good conversation, coffee and snacks. Here at the Spitzer Center the 3rd Friday of every month 10am ~ 12pm. For more information, or if you have questions call Tammy at 413-663-7588.



Chair Balance Class for Seniors

Easy exercises for

STRENGTH

FLEXIBILITY

& BALANCE

Begin to improve your
POSTURE ~ ENERGY ~ MOVEMENTS
FREE

AT THE MARY SPITZER CENTER

THURS: JAN. 15th, 22th, 29th at 1-2pm



As a reminder, we all know with the new year along comes the weather storms. Keep in mind if the schools are closed, our van transportation will be cancelled as well.

Erica Beaudry

Independent Medicare Advisor

will be available on

Tuesday, 1/13 at
10:00am to 12:00pm

In further assistance with Medicare benefits, changes and concerns. Please call the Center at **662-3125**. This will be by schedule appointments only.



New Year's Resolution

Consider your health and fitness goals for this coming year. Focus on what your smart goals are. Checkout the many options we offer here at the Center which are free and available for your choosing.

Balance Class
Chair Yoga
Dance for Seniors
Exercise Video Class
Reiki
Tai Chi



Mountain Girl Farm

Come in and see the multiple food items and vegetables. On every Friday in January the Mountain Girl will be set up in the dining room.

Additional information on pages 5 & 6

North Adams TRIAD

Would you like to be a member? Are you concerned about your safety or safety in your community? Are you worried about telephone and internet scams? Have you been affected by them?

Come and meet with the North Adams (North County) TRIAD and find out what our communities are doing to protect seniors. Meet with area police, fire and emergency service personnel. Bring your concerns to us and see if other seniors have had the same issues. Monthly meetings are held on the 4th Wednesday of each month. We have speakers from the area to talk about our needs. We welcome members for all surrounding areas.

Dues are \$10/year which covers the cost of the summer picnic and part of the holiday lunch.

Dance for Senior

Freestyle
 Easy/Low Impact
 Ends w/15 min
 Cool -Down
 Stretch,
 Meditation &
 Relaxation



2nd Thursdays
 12Noon
 Once-a-Month
 Free or
 By Donations
 Here at the Mary Spitzer
 Senior Center

Thurs: 1/8, 2/12 & 3/12 2026
 For the love and joy of dancing

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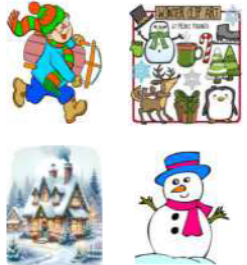
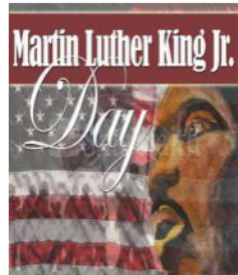
Northern Berkshire Retirees Club

Membership is open to men & women who are of retirement age. This club hosts luncheons, picnics, and educational talks on topics relevant to seniors.

Meetings are held at the Spitzer Center at 10 am on the 1st Thursday of the month.

Come and attend a meeting to see if this organization may be right for you.

JANUARY 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			Spitzer Center Closed For New Year's Day Holiday	9:00 Exercise Video 10:00 Pitch 10:15 Meals on Wheels 11:00 W. Mass Food Truck 11:30 Hot Lunch 12:00 Mountain Girl Farm 12:30 Cornhole
9:00 Exercise Video 10:00 Cribbage 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo 1:00 Exploring your Life Story	9:00 Panera Trip 9:30 Foot Nurse by Appointment 10:15 Meals on Wheels 11:30 Hot Lunch 1:30 Mahjong	9:30 NO TAI CHI 10:15 Meals on Wheels 10:45 Reiki by Appt. 11:30 Hot Lunch 1:00 Chair Yoga	10:00 Northern Berkshire Retirees Club 10:15 Meals on Wheels 11:30 Hot Lunch 1:00 Dance For Seniors 12:10 Bingo	9:00 Exercise Video 10:00 Pitch 10:15 Meals on Wheels 11:30 Hot Lunch 12:00 Mountain Girl Farm 12:30 Cornhole
9:00 Exercise Video 10:00 Cribbage 10:15 Meals on Wheels 11:30 Hot Lunch 1:00 Elder Services Caregiver Meeting 1:00 Exploring your Life Story	10:00 Erica Beaudry 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo 1:00 COA 1:30 Mahjong	9:30 NO TAI CHI 10:15 Meals on Wheels 11:30 Hot Lunch 1:00 Chair Yoga	10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo 1:00 Chair Balance Class	9:00 Exercise Video 10:00 Pitch 10:00 Grandparents Group 10:15 Meals on Wheels 11:00 W. Mass Food Truck 11:30 Hot Lunch 12:00 Mountain Girl Farm 12:30 Cornhole
Spitzer Center Closed For Martin Luther King Jr. Holiday	9:00 99 Restaurant Trip 9:30 Foot Nurse by Appointment 10:15 Meals on Wheels 11:30 Hot Lunch 1:30 Mahjong	9:30 Tai Chi 10:15 Meals on Wheels 10:45 Reiki by Appt. 11:30 Hot Lunch 1:00 Chair Yoga	10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo 1:00 Chair Balance Class	9:00 Exercise Video 10:00 Pitch 10:15 Meals on Wheels 11:30 Hot Lunch 12:00 Mountain Girl Farm 12:30 Cornhole 12:30 Brown Bag
9:00 Exercise Video 10:00 Cribbage 10:15 Meals on Wheels 11:30 Hot Lunch 1:00 Elder Services Caregiver Meeting 1:00 Exploring your Life Story	9:30 Massage by Appt. 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo 1:30 Mahjong	9:30 Tai Chi 10:15 Meals on Wheels 11:30 Hot Lunch 1:00 Chair Yoga	10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo 1:00 Chair Balance Class	9:00 Exercise Video 10:00 Pitch 10:15 Meals on Wheels 11:30 Hot Lunch 12:00 Mountain Girl Farm 12:30 Cornhole

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January Events

Center Hours: Monday-Friday 8:00am to 4:00pm

New Year Day: Thursday, 1/1st Spitzer Center Closed

Martin Luther King, Jr. Day: Monday, 1/19th Spitzer Center Closed

Congregate Lunches: Monday-Friday 11:30am

Center Trips

Panera: Tuesday, 1/6 at 9:00am to 3:00pm

99 Restaurant: Tuesday, 1/20 at 9:00am to 3:00pm

Medical & Physical Wellbeing

Foot Nurse Clinic: 1/6 & 1/20 at 9:30am (Appts Only)

Massage Therapy: 1/27 at 9:30am (Appts Only)

Crafts & Games Activities

Cribbage: Mondays at 10:00am to 11:00am

Bingo: Monday, 1/5 at 12:10pm

Tuesdays 2/13 & 2/27 at 12:10pm

Thursday at 12:10pm

Mahjong: Tuesdays at 1:30pm to 3:30pm

Cornhole: Fridays at 12:30pm

Pitch: Fridays at 10:00am

Mind & Body Fitness

Exercise Video Class: Mondays & Fridays at 9:00am-10:00am

Chair Yoga: Wednesdays at 1:00pm to 2:00pm

Reiki: Wednesday, 1/7 & 1/21 at 10:45am to 11:45am by appt only

Tai Chi: Wednesdays 1/21 & 1/28 at 9:30am to 10:30am

Dance for Seniors: Thursday, 1/8 at 12:00pm

Balance Class: Thursdays 1/15, 1/22, 1/29 at 1:00pm

Meetings

Elder Services Caregiver Mtg: Monday, 1/12 & 1/26 at 1:00pm

Erica Beaudry Medicare: Tuesday, 1/13 at 10:00am - 12:00pm by appts only

COA Board Mtg: Tuesday, 1/13 at 1:00pm

Northern Berkshire Retirees Club: Thursday, 1/8 at 10:00am

Fallon Health Navigator: Thursday, 1/15 at 10:00am

Grandparents Support Group: Friday, at 1/16 at 10:00am

Food Outreach Resources

Mountain Girl Farm Stand: Fridays at 12:00 pm - 2:00pm (in the dining room)

Western Mass Food Truck: Friday, 1/2 & 1/16 at 11:00am

Brown Bag: Friday, 1/23 at 12:30pm

What's Happening

Mondays, 1/5, 1/12, & 1/26 at 1:00 pm : Exploring Your Life Story with Joanna Gabler
Registration is required.



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Do you need
help paying your
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2025 Income guidelines
to qualify for Fuel Assistance

Family Size	Income
1	\$51,777
2	\$67,709
3	\$83,641
4	\$99,573

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.



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Elder Services of Berkshire County - Nutrition Program*January 2026*

SENIORS 60 YEARS OF AGE OR OLDER - Suggested Donation - \$3.00

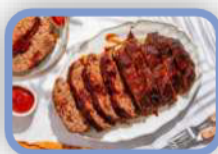
All contributions are returned to the community toward the cost of the Nutrition Program and Services

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Special Monthly Lunches</i> Call Spitzer Center Kitchen 664-9826 Between 9:15 ~ 12:15 or stop in to make your reservation	HOT LINE If you will not be home when your meal is delivered please call our Nutrition Hotline at 1-800-981-5201		1 New Year's Day Spitzer Center Closed 	2 Sweet & Sour Pork Warm Barley Mixed Root Vegetables Corn Bread Mix Fruit
5 Beef & Cabbage Casserole Wax Beans Peas and Carrots Whole Wheat Bread Sliced Pears	6 Stuffed Shells Cauliflower Spinach Oat Nut Bread Diced Mangos	7 2 Egg Patty--1 Sausage Link O'Brien Potatoes Italian Beans Croissant Lemon Pudding**	8 Swedish Meatballs* Boiled Potatoes Brussel Sprouts 12 Grain Bread Fresh Apple	9 Chicken w/Gravy Mashed Potatoes Autumn Harvest Soup Dinner Roll Raisins
12 Chicken Curry Coconut Rice Minted Green Beans Rye Bread Apricot Halves	13 Roast Pork w/Gravy Sweet Potato Boiled Cabbage Whole Wheat Bread Applesauce	14 Macaroni & Cheese* Split Pea Soup Tuscany Blend Vegetables Oat Nut Bread Sliced Peaches	15 Chicken w/Apple Raisin Gravy Mashed Potatoes Asparagus Dinner Roll Chocolate Chip Cookie**	16 Breaded Fish Sandwich White Rice Carrots Hamburger Bun Pineapple
19 Martin Luther King, Jr. Spitzer Center Closed 	20 Mini Ravioli w/Marinara Minestrone Soup Crackers Warm Spiced Apples	21 Chicken Cacciatore Orzo Peas and Pearl Onions 12 Grain Bread Banana	22 Beef Stroganoff Buttered Noodles Mixed Vegetables Rye Bread Sliced Pears	23 Homemade Meatloaf w/Gravy Lyonnais Potatoes Sliced Beets Dinner Roll Mandarin Oranges
26 Pasta w/Bolognese Sauce Capri Blend Italian Bread Warm Applesauce	27 Spanish Chicken Stew* Rice Pilaf Winter Blend Vegetables Dinner Roll Sliced Pears	28 Yankee Pot Roast Mashed Potatoes Turnips Whole Wheat Bread Fruit Cocktail	29 Eggplant Parmesan Buttered Noodles Sonoma Blend WG White Sliced Peaches	30 Shepherd's Pie Mashed Potatoes Mixed Greens 12 Grain Bread Fresh Orange

Dietary Information: All Meals include 1% Milk 110 calories/125 mg sodium *High Sodium **Modifications for restricted sugar available

**How to Make My Mom's
5-Ingredient Barbecue
Meatloaf***To make 6 servings, you'll
need:*

1 sleeve (about 29) buttery round crackers such as
Ritz, crushed to fine crumbs
1 cup barbecue sauce, divided
2 large eggs
1 teaspoon salt
1/2 teaspoon freshly ground black pepper
2 pounds ground beef, 10 to 20% fat
1 medium sweet onion, grated on the large holes of
a box grater (about 3/4 cup)

*Preheat oven to 350°F and line a rimmed baking sheet with parchment
paper.**In a large bowl, combine the crackers crumbs, 1/2 cup of the barbecue
sauce, eggs, salt and pepper.**Stir and set aside for 10 minutes to soften.**Once the cracker crumbs are moistened, add the ground beef and grated
onion and stir or mix with clean hands to thoroughly combine.**Put the meatloaf mixture in the middle of the prepared baking sheet and
form it into a 9 x 5-inch loaf. Bake the meatloaf for 30 minutes.**Spread the remaining 1/2 cup of barbecue sauce on top of the partially-
baked meatloaf, then continue to bake until the center of the meatloaf
reads 160°F on an instant-read thermometer, 25 to 35 more minutes.**Let the meatloaf cool on the baking sheet for 5 minutes so it slices more
neatly Use a sharp knife to cut the meatloaf into thick slices and serve.**Love You All ~ Jan*