



Visit us
North Adams Council on Aging Facebook Page

on our

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”

FEBRUARY 2026

New Beginnings

*Well here we are in 2026, even though it's the month of February.
A very wise man that comes to our center advised us that he will not be wishing
Happy New Year*

*Instead he will be expressing his wishes as “Happy New Beginnings in 2026”.
“This Is Our Wish for Everyone”*

*We had a very successful year in 2025 in spite of our 3rd renovation.
Here are some of those highlights:*

*Our variety of crafts events ~ creating stained glass pictures, knitting & crocheting sessions,
other various craft classes.*

*Our weekly games & activities ~ cornhole tournaments, bingo, Mahjong, cribbage, pitch, also
Night-Time Bingo*

*Our community support groups ~ COA, Elder Services Caregiver Support Group, Triad Group,
Stamford Seniors, Northern Berkshire Retirees, Grandparents Raising Grandchildren
Mind & Body Fitness ~ Massage Therapy, Foot Nurse, Reiki, Tai Chi, Balance Class,
Chair Yoga, Video Exercise Classes*

*Outside Health Programs ~ Free Eye Screening, Five Wishes, Flu Clinics, Elder Law Program,
Open Medicare/Medicaid Enrollment, Veteran's Agent Lunch-n-Learn, Blood Pressure Clinics*

Social Entertainments ~ Meet Susan B. Anthony, Berkshire Medium, Roger Tincknell,

Davis Bates, Karaoke with Joe & Joe, Lighten Up Band, Soular Eclipse,

Game Show for Seniors with Kevin Richman,

*Daily & Holiday Luncheons with special themes put in place for everyone's enjoyment. We had
live entertainment during them which furthered enriched our gatherings.*

In other words, 2025 turned out to be an incredible year.

Our goal for 2026 is to make it even better with

New Beginnings!

Additional information of 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.

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Angela Haschka

ahaschka@4LPi.com

(800) 477-4574 x6106



Home With Love
SENIOR CARE SERVICES

Home With Love empowers aging adults to live safely in their home environments through coordinated care.

We offer **Companion Care, Personal Care & Non-Medical Transportation.**

Need Help right now? Call us any time at:

617-217-1690 | homewithlove.net
170 Houghton St, North Adams, MA

The Best Home Care Service for Seniors & Older Adults in Western Massachusetts.

WE'RE HIRING!

AD SALES EXECUTIVES

**BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.**

- Paid training • Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at
careers@4lpi.com or
www.4lpi.com/careers

Do you Care for an Adult Family Member?

You may qualify for:

Monthly Stipends & Nurse Support

Serving the Berkshires & Pioneer Valley

413-499-4241
www.bcarc.org



NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter
emailed to you.



VISIT **WWW.MYCOMMUNITYONLINE.COM**



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com

North Adams Council on Aging, North Adams, MA 06-5145



For more information follow us on our
North Adams Council on Aging
Facebook Page

Ground Hog Day

Monday
February 2nd



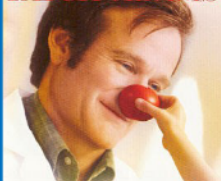
Will winter continue or is Spring just around the corner?
Here's hoping!!!!

Celebrating Valentine's Day Pizza Luncheon



Tickets are currently available. Pre-paid \$3.00
tickets must be purchased before February 9th.
Call the center at 662-3125 with any questions
See page 5 & 6 for more information.

PATCH ADAMS



Who doesn't love
Robin Williams...

On Tuesday, Feb. 24th at 1:00pm, we're hoping you will come to enjoy this remarkable, funny, heart-warming film. His unorthodox practice of treating patients with laughter and joy, not just medicine, brings warmth to children and adults. He ultimately strives to prove that empathy and improving quality of life are essential components of medicine. Popcorn will be an additional treat while we enjoy this movie.

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: FEB. 5th, 19th, 26th at 1-2pm



Don't get "CABIN FEVER"

The Center provides rides Monday ~ Friday from 8-3:30 for you to go outside and enjoy the day. Call the Center at 662-3125 for your next outing.

Erica Beaudry

Independent Medicare Advisor
will be available on

Tuesday, 2/10 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.



Remember... "There is only one happiness in this life to love, and be loved."



In observance to **President's Day**. The Center will be closed. To further enrich our knowledge about our most famous presidents here are some facts about them.

George Washington was a skilled dancer and distiller, had dentures made of ivory, gold, and human teeth (not wood!), was a spymaster during the Revolution, and was the only president to free his enslaved people; he never lived in the White House and was unanimously elected president, but had no biological children and was self-taught with only basic schooling.

Abe Lincoln was the 1st president born outside the original colonies. He was the tallest president (6'4"), the only president with a patent (for a boat-lifting device), the first Republican president, and the first to be assassinated, known for leading the U.S. through the Civil War and freeing enslaved people. He loved cats, reading, was a strong wrestler, and established **Thanksgiving** as a national holiday.

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.

Next scheduled meeting will be on March 25, 2026.

Dance (Creative Movement)

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



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

Thurs: 2/12 & 3/12, 2026

****For the love and joy of dancing****

COUNCIL ON AGING DIRECTOR

Sandra Lamb

ADMINISTRATIVE ASSISTANT

Brenda Zappone

OUTREACH WORKER

Pat Lescarbeau

NUTRITION SITE AND MEALS-

ON -WHEELS CO-ORDINATOR

Laurie Gavazzi

RECIPE IDEAS

Jan Blair

VAN DRIVER

Kathy LaCasse

Keith Meyers

COUNCIL ON AGING

BOARD MEMBERS

Norman Antonio

Nancy Canales

Julie Hanify

Stephen Smachetti

Beth Wiggers

Heather Boulger

Jonna Blair

Gary Phillips

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. Next meeting located on page 6.

FEBRUARY 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:00 Exercise Video 9:00 Panera Trip 10:00 Cribbage 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo 1:00 Exploring your Life Story	3 9:30 Foot Nurse by Appointment 10:15 Meals on Wheels 11:30 Hot Lunch 1:30 Mahjong	4 9:30 Tai Chi 10:15 Meals on Wheels 11:30 Hot Lunch 1:00 Chair Yoga	5 10:00 Northern Berkshire Retirees Club 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo 1:00 Chair Balance Class	6 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 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 10:00 Erica Beaudry 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo 1:00 COA Board Mtg. 1:30 Mahjong	11 9:30 Tai Chi 10:15 Meals on Wheels 10:45 Reiki By Appt. 11:30 Hot Lunch 1:00 Chair Yoga	12 10:00 Fallon Health 10:15 Meals on Wheels 12:00 Valentine's Pizza Lunch 12:00 Dance (Creative Movement) 1:00 Bingo	13 9:00 Exercise Video 10:00 Pitch 10:15 Meals on Wheels 11:30 Hot Lunch 12:00 Mountain Girl Farm 12:30 Cornhole
16 Spitzer Center Closed For President's Day Holiday	17 9:00 Kathy's Trip 9:30 Foot Nurse by Appointment 10:15 Meals on Wheels 11:30 Hot Lunch 1:30 Mahjong	18 9:30 Tai Chi 10:15 Meals on Wheels 11:30 Hot Lunch 1:00 Chair Yoga	19 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo 1:00 Chair Balance Class	20 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
23 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	24 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo 1:00 Movie - Patch Adams 1:30 Mahjong	25 9:30 Tai Chi 10:15 Meals on Wheels 10:45 Reiki By Appt. 11:30 Hot Lunch 1:00 Chair Yoga	26 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo 1:00 Chair Balance Class	27 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
HAPPY GROUNDHOG DAY 				

SUPPORT OUR ADVERTISERS!

February Events

Valentine's Day: Saturday, February 14th
President's Day: Monday, February 16th ~ Spitzer Center Closed
Center Hours: Monday-Friday 8:00am to 4:00pm
Congregate Lunches: Monday-Friday 11:30am



Center Trips

Panera: Monday, 2/2 at 9:00am to 3:00pm
99 Restaurant: Tuesday, 2/17 at 9:00am to 3:00pm



Medical & Physical Wellbeing

Foot Nurse Clinic: 2/3 & 2/17 at 9:30am (Appts Only)

Crafts & Games Activities

Cribbage: Mondays at 10:00am to 11:00am
Bingo: Monday, 2/2 at 12:10pm
 Tuesday, 2/10 & 2/24 at 12:10pm
 Thursdays 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, 2/11 & 2/25 at 10:45am to 11:45am by appt only
Tai Chi: Wednesdays at 9:30am to 10:30am
Dance (Creative Movement): Thursday, 2/12 at 12:00pm
Chair Balance Class: Thursdays 2/5, 2/19, 2/26 at 1:00pm



Meetings

Elder Services Caregiver Mtg: Monday, 2/9 & 2/23 at 1:00pm
Erica Beaudry Medicare: Tuesday, 2/10 at 10:00am - 12:00pm by appts only
COA Board Mtg: Tuesday, 2/10 at 1:00pm
Northern Berkshire Retirees Club: Thursday, 2/5 at 10:00am
Fallon Health Navigator: Thursday, 2/12 at 10:00am
Grandparents Support Group: Friday, 2/20 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, 2/6 & 2/20 at 11:00am
Brown Bag: Friday, 2/27 at 12:30pm

What's Happening

Mondays, 2/2, 2/9, & 2/23 at 1:00pm: Exploring Your Life Story with Joanna Gabler.
 Registration is required.
Thursday, 2/12 at 12:00pm: Valentine's Pizza Lunch. Pre-paid \$3.00 tickets must be purchased before February 9th. Call the center at 662-3125 for additional inquiries.
Tuesday, 2/24 at 1:00pm: Patch Adams Movie. Popcorn will be an additional treat.



Your choice for skilled nursing
and post acute rehabilitation



North Adams Commons
Nursing & Rehabilitation Center
AN AFFILIATE OF INTEGRITUS HEALTHCARE
175 Franklin Street • North Adams, MA 01247
413-664-4041 • www.northadamscommons.org



Because YOU are a part of us.



At any stage of a serious illness, we're here
to help. Our Hospice and Palliative Care
offer the right level of support for you.



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

877 South Street, Suite 1W
Pittsfield, MA 01201
413-443-2994
www.hcib.org

Flynn and Dagnoli Funeral Homes

Serving Southern
Berkshires &
Southern VT

413-663-6523

Central Chapel • 74 Marshall St. • No. Adams, MA 01247
West Chapel • 521 West Main St. • No. Adams, MA 01247
Pittsfield Chapel • 5 Elm Street • Pittsfield, MA 01201
Telephone 413-442-1733



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	\$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.



Follow us: [f](#) [@](#) [in](#)



BERKSHIRE
COMMUNITY ACTION

Visit our website: www.bcacinc.org

Dr. Estela Ogiste MD, PhD
and the caring, dedicated staff
of Advanced Eyecare North Adams
welcome you to our office.

Specializing in the diagnosis and treatment of:
CATARACTS AND CATARACT SURGERY
GLAUCOMA • MACULAR DEGENERATION
DIABETIC EYE DISEASE
COMPREHENSIVE EYE EXAMS



77 Hospital Avenue, Suite 110, North Adams, MA 01247
www.adveyecare.org



Call us for your next
appointment!
413-664-6736



Sansoucy
FUNERAL HOME
& CREMATION SERVICES

Family Owned & Operated since 1900

Serving All Faiths
Cremation Services

508-764-2567

40 Main Street • South Adams

sansoucyfuneralhome.com

BERKSHIRE COUNTY, MASSACHUSETTS

QUESTIONS? CALL US TODAY

ADVERTISE HERE
to reach your community



Call 800-950-9952



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com

North Adams Council on Aging, North Adams, MA 06-5145

Elder Services of Berkshire County - Nutrition Program*February* 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

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
2 Pork Roast w/gravy Au Gratin Potatoes Corn WG Bread Fresh Orange	3 Beef Stew Buttered Noodles Carrots Parsnips Turnips Whole Wheat Bread Vanilla Yogurt	4 Chix Mexican Casserole Lime Cilantro Rice Green & Wax Beans Mini Cornbread Sliced Peaches	5 Mac & Cheese Minestrone Soup Spinach Florentine Whole Grain White Spiced Apples	6 Asian Beef Casserole Steamed Brown Rice Broccoli Chow Mein Noodles Pineapple
9 Scrambled Egg Patty (2) Tomato Medley O'Brien Potatoes Croissant Apricot Halves	10 Chicken Puttanesca* Israeli Couscous Lima Beans Oat Nut Bread Mandarin Orange	11 Cheese Lasagna Sonoma Blend Italian Wedding Soup Saltine Crackers (2 pkg) Warm Fruit Compote	12 Valentine's Pizza Luncheon Chocolate Sundaes	13 VALENTINE'S DAY Chicken Sorrentino Buttered Noodles Zuc & Yellow Squash Snowflake Roll Strawberry Cup
16 President's Day Spitzer Center Closed	17 Mardi Gras Chix & Sausage Jambalaya Spanish Rice Mardi Gras Greens Mini Cornbread Loaf Cupcake**	18 Ash Wednesday Lentil Stew Israeli Couscous Peas Dinner Roll Banana	19 White Chicken Chili Warm Barley Broccoli florets Whole Wheat Bread Applesauce	20 Herb Baked Fish Butternut Squash Monaco Veggie Blend Italian Bread Oatmeal Raisin Cookie
23 Chicken w Orange Glaze Boiled Potatoes Peas & Pearl Onions Oat Nut Bread Pineapple Tidbits	24 Shepherd's Pie Mashed Potatoes Carrots Whole Wheat Bread Diced Pears	25 Spanish Chicken Stew Rice w/Orzo Green Beans Oat Nut Bread Mangos	26 Yankee Pot Roast Mashed Sweet Potatoes Broccoli & Cauliflower Marbled Rye Bread Sliced Peaches	27 Garden Burger w/tomato Red Cabbage w/apples Roasted Works Corn Hamburger Bun Tangerine
	<i>Special Monthly Lunches</i> Call Spitzer Center Kitchen 664-9826 Between 9:15 ~ 12:15 or Stop in to make your reservation		HOTLINE If you will not be home when your meal is delivered please call our Nutrition Hotline at 1-800-981-5201	

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

**Overnight
Strawberry
Shortcake
French Toast**Prep Time: 30 min
Total: 5 hrs. 10 min
Ingredients: 8
Servings: 12**INGREDIENTS**1 package (8 oz) cream cheese, softened
3/4 cup plus 2 tablespoons sugar
1 loaf (1 lb.) French bread, cut into 24 (3/4 inch thick) slices
5 eggs
1 1/2 cups half-and-half
1 package (1 lb.) fresh strawberries, sliced
2 tablespoons butter, melted
1 1/2 cups heavy whipping cream**DIRECTIONS****Step 1**

Spray 13 x 9-inch (3-quart) glass baking dish with cooking spray.

Step 2

In small bowl, mix cream cheese and 1/4 cup of the sugar. Spread generous 1 tablespoon cream cheese mixture on each of 12 bread slices. Top with remaining bread slices to make 12 sandwiches. Place sandwiches in baking dish to cover bottom of pan; press in lightly to fit.

Step 3

In large bowl, beat eggs with whisk. Add half-and-half and 1/4 cup of the sugar; beat well. Pour over sandwiches in baking dish. Cover; refrigerate at least 4 hours but no longer than 12 hours.

Step 4

In medium bowl, mix strawberries and 1/4 cup of the sugar. Cover; refrigerate.

Step 5

Heat oven to 375°F. Uncover baking dish; drizzle sandwiches with melted butter. Bake uncovered 35 to 40 minutes or until golden brown.

Step 6In medium bowl, beat whipping cream and remaining 2 tablespoons sugar until soft peaks form. Serve French toast with berry topping and whipped cream.
Love You All ~ Jan