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HOURS: 8:00 am - 4:00 pm  
North Adams Council on Aging  
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spitzercentr@yahoo.com

## “THE BULLETIN”

## MARCH 2026



### Exciting News, Western Mass from the Berkshire Regional Transit Authority

Since Wednesday, January 28th, the BRTA has launched the **Link413** bus program linking the Berkshires to Greenfield.

The buses will run Monday through Friday.

**Route 904** will connect Pittsfield to Northampton.

**Route 903** will connect North Adams to Greenfield.

Each route will run four times a day in both directions, taking approximately 90 minutes per trip and making stops in various cities and towns throughout.

The third **Route 901** will connect Pittsfield directly to North Adams.

It will run twice daily in each direction and takes approximately 45 minutes.

Tickets for the **Link413** routes cost \$10 each. Discounted rates of \$5 are available for riders over the age of 60 who bring a photo ID, as well as riders

who present a Medicare card or a statewide access pass. Children younger than 5 years old ride free. Tickets can be purchased through the MassDOT Business Plus app. Cash fare will also be accepted at time of boarding as **Link413** remains in its early stages of operation. The Massachusetts Department of Transportation will fund the pilot program for two years through grants intended to strengthen transit options in rural communities and connect existing service areas.

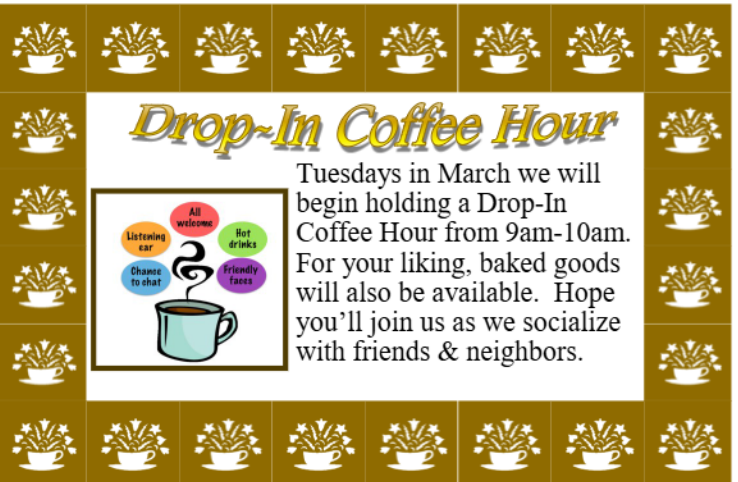
The full **Link413** bus schedule can be found on the BRTA website.

On Sunday, March 8th  
Remember to set your  
clocks ahead 1 hour



### TRIAD Meeting

Wednesday, March 25th at 12:30pm



### Drop-In Coffee Hour

Tuesdays in March we will begin 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.



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.

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Ears, Hands, and Foot Reflexology

### ***You may be asking what is Reflexology?***

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. We will be offering Reflexology on the second Thursday each month.

15 minute session will cost \$20.00

The first appointment will begin at 10:15am.

Appointments are required.

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

## ***Celebrate the Senior Nutrition Program***



Since 1972, the National Senior Nutrition Program has supported nutrition services for older adults across the country. Every **MARCH**, they celebrate the program's anniversary and its many accomplishments. The 2026 theme is "**Serving Up Solutions**". This is accomplished through creativity, innovation and collaborations that define the Senior Nutrition Program. It highlights how local programs continually adapt to meet community needs from providing nutritious meals to creating opportunities for older adults to stay engaged and independent. With every meal, programs are serving up solutions that support health, well-being and stronger communities. We at the Spitzer Center adhere to this program by serving nutritious, delicious meals Monday through Friday.



## ***Lisa Mendel Stained-Glass Class***



Lisa Mendel will be holding a 5x7in. Stained-Glass Picture Frame Event on Tuesday, March 10th at 10am. There will be a collection of bugs, butterflies, caterpillars and dragon flies to choose from. You may also choose from different pieces of glass if you prefer. All supplies will be provided. The cost is \$10. **Reservations are required.** Call the Center at 413-662-3125.

## ***St. Patrick's Day Luncheon***

***Sliced Corned Beef***

***O'Brien Potatoes***

***Steamed Cabbage***

***Marble Rye Bread***

***Green Gelatin with Pears***

Entertainment will be provided by  
***"Lighten Up"***

Tuesday, March 17th at 12pm

**Reservations are required.** Contact Laurie  
in the kitchen 413-664-9826

## ***Erica Beaudry***

Independent Medicare Advisor

will be available on

Tuesday, 3/10th 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.



## 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.



## Shifting Gears

Michelle Ellicks, Community Outreach Coordinator, at the Registry of Motor Vehicles will be holding a free workshop titled "Shifting Gears". At this presentation, Michelle will be addressing the following: **Rules of the Road, Defensive Driving and Safe Driving Tips.** This workshop will be held on **Tuesday, March 24th at 10am.** Light refreshments will be served. Kindly let us know if you will be attending 413-662-3125.

## Living with Diabetes

Jennifer Wojtkowski, RDN Nutrition Educator, will be holding a discussion on "**Living with Diabetes**". As part of this discussion, Jennifer will be reviewing the symptoms of diabetes. Diabetes is a chronic condition causing high blood sugar (hyperglycemia) because the body cannot produce or properly use insulin. Common types include: Type 1, Type 2 and gestational diabetes. Please join us for this very important topic being held on **Tuesday, March 24th at 1:30pm.**

## COA BOARD MEETING TUESDAY, MARCH 10TH AT 1PM

Joey-Jim was tooling along the road one fine day when the local policeman, a friend of his, pulled him over. 'What's wrong, Seamus?' Joey-Jim asked. 'Well didn't ya know, Joey-Jim, that your wife fell out of the car about five miles back?' said Seamus. 'Ah, praise the Almighty!' he replied with relief. 'I thought I'd gone deaf!'

## 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

## Cookie Swap ~Chili Contest

Would anyone be interested in having a cookie swap or entering a chili contest? We'd love to hear from you. A Big Y gift certificate will be presented to the winner of the chili cookoff. If you have any other suggestions, feel free to contact us at 413-662-3125 or by email to [spitzercentr4@yahoo.com](mailto:spitzercentr4@yahoo.com) Thank you.

# MARCH 2026

| Monday                                                                                                                                                                                           | Tuesday                                                                                                                                                                                                                                                                                     | Wednesday                                                                                                                       | Thursday                                                                                                                                                                                                                | Friday                                                                                                                                                                                                                            |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>2</p> <p>9:00 Exercise Video<br/>10:00 Cribbage<br/>10:15 Meals on Wheels<br/>11:30 Hot Lunch<br/>12:10 Bingo<br/>1:00 <b>Exploring your Life Story</b></p>                                   | <p>3</p> <p>9:00 <b>Panera Trip</b><br/>9:00-10:00<br/><b>Spitzer Center Drop-In Coffee Hour</b><br/>9:30 <b>Foot Nurse by Appointment</b><br/>10:15 Meals on Wheels<br/>11:30 Hot Lunch<br/>1:30 Mahjong</p>                                                                               | <p>4</p> <p>9:30 Tai Chi<br/>10:15 Meals on Wheels<br/>10:45 <b>Reiki By Appt.</b><br/>11:30 Hot Lunch<br/>1:00 Chair Yoga</p>  | <p>5</p> <p>10:00 <b>Northern Berkshire Retirees Club</b><br/>10:15 Meals on Wheels<br/>11:30 Hot Lunch<br/>12:10 Bingo<br/>1:00 <b>Chair Balance Class</b></p>                                                         | <p>6</p> <p>9:00 Exercise Video<br/>10:00 Pitch<br/>10:15 Meals on Wheels<br/>10:30 W. Mass Food Truck<br/>11:30 Hot Lunch<br/>12:00 <b>Mountain Girl Farm</b><br/>12:30 <b>Cornhole</b></p>                                      |
| <p>9</p> <p>9:00 Exercise Video<br/>10:00 Cribbage<br/>10:15 Meals on Wheels<br/>11:30 Hot Lunch<br/>1:00 <b>Elder Services Caregiver Meeting</b><br/>1:00 <b>Exploring your Life Story</b></p>  | <p>10</p> <p>9:00-10:00<br/><b>Spitzer Center Drop-In Coffee Hour</b><br/>10:00 <b>Erica Beaudry, Medicare Advisor</b><br/>10:00 <b>Stained Glass Picture Frame Event</b><br/>10:15 Meals on Wheels<br/>11:30 Hot Lunch<br/>12:10 Bingo<br/>1:00 <b>COA Board Mtg.</b><br/>1:30 Mahjong</p> | <p>11</p> <p>9:30 Tai Chi<br/>10:15 Meals on Wheels<br/>10:45 <b>Reiki By Appt.</b><br/>11:30 Hot Lunch<br/>1:00 Chair Yoga</p> | <p>12</p> <p>10:00 Fallon Health<br/>10:15 Meals on Wheels<br/>10:00 <b>Reflexology by Appt.</b><br/>11:30 Hot Lunch<br/>12:00 <b>Dance (Creative Movement)</b><br/>1:00 Bingo<br/>1:10 <b>Reflexology by Appt.</b></p> | <p>13</p> <p>9:00 Exercise Video<br/>10:00 Pitch<br/>10:15 Meals on Wheels<br/>11:30 Hot Lunch<br/>12:00 <b>Mountain Girl Farm</b><br/>12:30 <b>Cornhole</b></p>                                                                  |
| <p>16</p> <p>9:00 Exercise Video<br/>9:30 <b>Massage by Appt.</b><br/>10:00 Cribbage<br/>10:15 Meals on Wheels<br/>11:30 Hot Lunch<br/>12:10 Bingo<br/>1:00 <b>Exploring your Life Story</b></p> | <p>17</p> <p>9:00-10:00<br/><b>Spitzer Center Drop-In Coffee Hour</b><br/>9:00 <b>Kathy's Trip</b><br/>9:30 <b>Foot Nurse by Appointment</b><br/>10:15 Meals on Wheels<br/>11:30 <b>St. Patrick's Day Luncheon</b><br/>1:30 Mahjong</p>                                                     | <p>18</p> <p>9:30 Tai Chi<br/>10:15 Meals on Wheels<br/>11:30 Hot Lunch<br/>1:00 Chair Yoga</p>                                 | <p>19</p> <p>10:15 Meals on Wheels<br/>11:30 Hot Lunch<br/>12:10 Bingo<br/>1:00 <b>Chair Balance Class</b></p>                                                                                                          | <p>20</p> <p>9:00 Exercise Video<br/>10:00 Pitch<br/>10:00 <b>Grandparents Group</b><br/>10:15 Meals on Wheels<br/>10:30 W. Mass Food Truck<br/>11:30 Hot Lunch<br/>12:00 <b>Mountain Girl Farm</b><br/>12:30 <b>Cornhole</b></p> |
| <p>23</p> <p>9:00 Exercise Video<br/>10:00 Cribbage<br/>10:15 Meals on Wheels<br/>11:30 Hot Lunch<br/>1:00 <b>Elder Services Caregiver Meeting</b><br/>1:00 <b>Exploring your Life Story</b></p> | <p>24</p> <p>9:00-10:00<br/><b>Spitzer Center Drop-In Coffee Hour</b><br/>10:00 <b>Shifting Gears</b><br/>10:15 Meals on Wheels<br/>11:30 Hot Lunch<br/>12:10 Bingo<br/>1:30 Mahjong<br/>1:30 <b>Living w/ Diabetes</b></p>                                                                 | <p>25</p> <p>9:30 Tai Chi<br/>10:15 Meals on Wheels<br/>11:30 Hot Lunch<br/>12:30 <b>Triad Meeting</b><br/>1:00 Chair Yoga</p>  | <p>26</p> <p>10:15 Meals on Wheels<br/>11:30 Hot Lunch<br/>11:30 <b>Blood Pressure Clini</b><br/>12:10 Bingo<br/>1:00 <b>Chair Balance Class</b></p>                                                                    | <p>27</p> <p>9:00 Exercise Video<br/>10:00 Pitch<br/>10:15 Meals on Wheels<br/>11:30 Hot Lunch<br/>12:00 <b>Mountain Girl Farm</b><br/>12:30 <b>Cornhole</b><br/>12:30 <b>Brown Bag</b></p>                                       |
| <p>30</p> <p>9:00 Exercise Video<br/>10:00 Cribbage<br/>10:15 Meals on Wheels<br/>11:30 Hot Lunch<br/>12:10 Bingo<br/>1:00 <b>Exploring your Life Story</b></p>                                  | <p>31</p> <p>9:00-10:00<br/><b>Spitzer Center Drop-In Coffee Hour</b><br/>10:15 Meals on Wheels<br/>11:30 Hot Lunch<br/>12:10 Bingo<br/>1:30 Mahjong</p>                                                                                                                                    |                                              |                                                                                                                                     |                                                                                                                                              |

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## March Events

**St. Patrick's Day Luncheon:** Tuesday, March 17th  
**Center Hours:** Monday-Friday 8:00am to 4:00pm  
**Congregate Lunches:** Monday-Friday 11:30am



### Kathy's Van Trip Tuesday, March 17th

Will be traveling to the Misty Moonlight Diner in Pittsfield, followed by attending a movie at the Beacon Cinema. If for some reason the Beacon is closed on that day, shopping will take place instead. Call the Center at 413-662-3125 to schedule your ride.

### 2026 Older Americans Month Theme

"The Power of Belonging,"

Focusing on accelerating connection

Amplifying voices for older adults

Strengthening social ties

Ensuring the perspectives and experiences of older adults are heard and respected.

Addressing structural, social, and cultural barriers and to ensure equity in aging.

Creating environments where every older person feels they belong are valued, and are seen.

### 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.

### Blood Pressure Clinic Thursday, March 26th at 11:30am

Nancy Slattery, from Berkshire Public Health Alliance, will be holding a Blood Pressure Clinic. She will be holding this clinic at the Center once a month. She will review your results with you and when necessary, advise you to contact your primary doctor or when available. You will receive a blood pressure cuff for you to monitor your own results. This is a free program. No appointment is required.

### Dance (Creative Movement)

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: 3/12, 2026

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

### 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.





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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  
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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**

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

 **March 2026**

| <i><b>MONDAY</b></i>                                                                                              | <i><b>TUESDAY</b></i>                                                                                                                                         | <i><b>WEDNESDAY</b></i>                                                                                                                         | <i><b>THURSDAY</b></i>                                                                               | <i><b>FRIDAY</b></i>                                                                                                                                                                                              |
|-------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>2</b><br>Salisbury Steak & Gravy<br>Mashed potatoes<br>Lyonnaise Carrots<br>12 Grain Bread<br>Mandarin Oranges | <b>3</b><br>Hungarian Turkey Skillet<br>Scalloped Potatoes<br>Mixed Root Veggies<br>WG White Bread<br>Apple Sauce                                             | <b>4</b><br>Sloppy Joe on a Bun<br>Parsley Buttered Potatoes<br>Roasted Works Corn<br>Hamburger Bun<br>Tangerine                                | <b>5</b><br>Chicken w/asparagus<br>Buttered Orzo<br>Green Beans<br>Oat Nut Bread<br>Diced Pears      | <b>6</b><br>Eggplant Parm<br>Ancient Grain Mix<br>Carrots<br>Whole Wheat Bread<br>Sliced Peaches                                                                                                                  |
| <b>9</b><br>Asian Pork Casserole<br>White Rice<br>Brussel Sprouts<br>Oat Nut Bread<br>Spiced Apples               | <b>10</b><br>Chicken Cacciatore<br>Buttered Noodles<br>Spring Vegetable Blend<br>12 Grain Bread<br>Tropical Fruit Mix                                         | <b>11</b><br>Beef & Pepper Casserole<br>Gold Potatoes<br>Sliced Carrots<br>12 Grain Bread<br>Fruit Cocktail                                     | <b>12</b><br>Beef Chili<br>Potato Puffs<br>Cauliflower w/Pimiento<br>WG White Bread<br>Raisins       | <b>13</b><br>Salmon w/Dill Sauce<br>Butternut Squash<br>Mushroom Barley Soup<br>Dinner Roll<br>Applesauce                                                                                                         |
| <b>16</b><br>Orange Chicken<br>Mashed Potatoes<br>Mixed Vegetables<br>Oat Nut Bread<br>Sliced Peaches             | <b>17 <i>St. Patrick's Day</i></b><br><b>Sliced Corned Beef*</b><br>O'Brien Potatoes<br>Steamed Cabbage<br>Marble Rye Bread<br><b>Green Gelatin w/Pears**</b> | <b>18</b><br>Shepard Pie<br>Mashed Potatoes<br>Italian Beans<br>Dinner Roll<br>Banana                                                           | <b>19</b><br>Calico Beans & Sausage<br>Warm Barley<br>Yellow Squash<br>Whole Wheat Bread<br>Apricots | <b>20</b><br>Egg Salad<br>Tomato Rice Soup<br>Peas and Carrots<br>Hot Dog Roll<br>Warm Fruit Compote                                                                                                              |
| <b>23</b><br>Chicken Piccata<br>Buttered Noodles<br>Sonoma Blend Veg<br>Whole Wheat Bread<br>Diced Mangoes        | <b>24</b><br>Chicken Meatballs<br>Pasta w/Tomato Sauce<br>Broccoli<br>Italian Bread<br>Mixed Fruit                                                            | <b>25</b><br>Beef Stew<br>Buttered Boiled Potatoes<br>Scandinavian Vegetables<br>Oat Nut Bread<br>Orange                                        | <b>26</b><br>Pork Roast w/Gravy<br>Sweet Potatoes<br>Mixed Veggies<br>Whole Wheat Bread<br>Pears     | <b>27</b><br>Fish Filet & Cheese<br>Confetti Rice<br>Green & Wax Beans<br>Hamburger Bun<br>Strawberry Cup                                                                                                         |
| <b>30</b><br>Beef Fajita w/Cheese<br>Couscous<br>Beets & Pearl Onions<br>Tortilla Shell<br>Pineapple Tidbits      | <b>31</b><br>Chicken Strips<br>Pasta Alfredo<br>Broccoli Florets<br>Dinner Roll<br>Apple Crisp                                                                | See what <b>March</b> has on the menu. Call the Spitzer Center Kitchen at 664-9826 to speak with Laurie<br>Or stop in to place your reservation |                                                                                                      | <br><b>HOTLINE</b><br>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

**Colcannon**  
**Irish Potatoes**

Prep Time: 10 mins

Cook Time: 25 mins

Total Time: 35 mins

Servings: 4 to 6 servings

For a variation, sub out half of the potatoes with parsnips. You can add chives, leeks, or bacon too.

**Ingredients**

- ♦ 4 russet potatoes (2 to 2 1/2 pounds), peeled and cut into 1 1/2-inch pieces
- ♦ Salt, to taste
- ♦ 5 to 6 tablespoons unsalted butter, plus more for serving
- ♦ 3 lightly packed cups chopped kale, cabbage, chard, or other leafy green
- ♦ 3 green onions, minced (about 1/2 cup)
- ♦ 1 cup milk or cream

**Method****1. Boil the potatoes:**

Put the potatoes in a medium pot and cover with cold water by at least an inch. Add 2 tablespoons of salt, and bring to a boil.

Boil until the potatoes are fork tender, 15 to 20 minutes. Drain in a colander.

**2. Cook the greens and the green onions with butter:**

Return the pot to the stove and set over medium-high heat. Melt the butter in the pot and once it's hot, add the greens.

Cook the greens for 3 to 4 minutes, or until they are wilted and have given off some of their water.

Add the green onions and cook for 1 minute more.

**3. Mash the potatoes with milk or cream and greens:**

Pour in the milk or cream, mix well, and add the potatoes. Reduce the heat to medium.

Use a fork or potato masher and mash the potatoes, mixing them up with the greens.

Add salt to taste and serve hot, with a knob of butter in the center.

*Cheers to you all ~ Jan*