



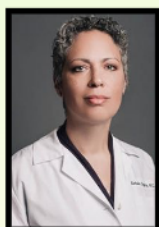
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MARY SPITZER CENTER
116 ASHLAND STREET
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North Adams Council on Aging
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spitzercentr@yahoo.com

“THE BULLETIN”

APRIL 2026



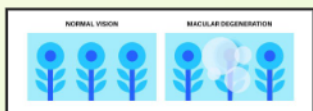
Macular Degeneration (AMD)

Dr. Estela Ogiste, MD, PhD Advance Eye Care will be holding a discussion on Macular Degeneration also known as AMD on **Wednesday, April 8th at 11:30am.**

Age-related macular degeneration (AMD) affects the middle part of your vision, not the edges which is the (peripheral vision). It is a progressive eye disease and leading cause of vision loss in people over 60. You can get it in 1 eye or both. **AMD** can make things like reading, watching TV, driving, or difficulty recognizing faces along with reduced color vibrancy.

Symptoms include: dark, blind, blurred, distorted, or blank spots in the central vision.

Additional symptoms include:



Seeing straight lines as wavy or crooked
Being sensitive to bright lights
Seeing flickering or flashing lights
Seeing things that are not there (hallucinations)



AMD is not painful and does not affect the appearance of your eyes. There is not cure for age-related **AMD**, but there are treatments and support available to help slow down the changes in your vision and help you have the best quality of life.

Come in to the Center for this presentation to hear more from Dr. Estela Ogiste.

Feel free to call the Center at 413-662-3125 for more information.

The Center will be closing at 1pm on
Friday, April 3rd

Stamford Seniors Meeting

Friday, April 17 at 12:30pm

TRIAD Meeting

Wednesday, April 22nd at 12:30pm



We would like to express our sincere thanks to the **United Way** for their generous donation made to the **Spitzer**

Center. With their funding, we were able to deliver “**two healthy meals**” consisting of two (2) different types of soup and a breakfast banana bread to **50 seniors** who have had their SNAP benefits reduced or eliminated or were in need of food. We have heard back from many of our seniors who expressed their thanks and gratitude for the delicious meals.

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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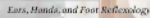


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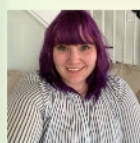
On Tuesdays in April we will continue holding a Drop-In Coffee Hour from 9am-10am. For your liking, baked goods will also be available. Hope you'll join us as we socialize with friends & neighbors.

How to be Prepared for the Unexpected Hospitalization

Join us on **Thursday, April 16th at 11:30** lunch for this very important presentation.
Presented by: **Denise Vigna, LSW**
Admissions Director at:
Williamstown Commons
Nursing & Rehabilitation Center
An Affiliate of Integritus Healthcare
Along with the lunch menu of that day for you to enjoy, our presenter will have refreshments also.
Call the **Center 413-662-3125** or
Laurie in the Kitchen **413-664-9826** to make your required reservation.

Free Blood Pressure Clinic Thursday, April 23rd at 11:30

Nancy Slattery, from Berkshire Public Health Alliance, will be holding another clinic at the Center. This will be monthly on the 4th Thursday. 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 required.



Abigail Killian

Nutrition Coordinator
Food Bank of Western MA

On **Tuesday, April 28th at 10:00am**

The Food Bank of Western Massachusetts, in partnership with SNAP-Ed, offers free education programs to our member agencies. Join us for an interactive cooking class focused on making healthy eating easy, affordable, and fun. We're skipping the complicated prep and focusing on how to make the most of the season's best produce without overspending or overcooking.
Food samples will be provided.

Food Bank Cooking Demonstration

Blues to Bluegrass

Surprise!
Surprise!!



**Roger
Tincknell**

Roger will once again be entertaining us with his Blues to Bluegrass music selections on **May 21st at 12:30pm**. Come and enjoy yourself by singing, swinging and swaying to his beautiful music. Call the Center 413-662-3125 to make your **required reservation**.

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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.

APRIL 2026

Monday	Tuesday	Wednesday	Thursday	Friday
		1 9:30 Tai Chi 10:15 Meals on Wheels 11:30 Hot Lunch 1:00 Chair Yoga	2 10:00 <i>Northern Berkshire Retirees Club</i> 10:15 Meals on Wheels 12:00 <i>Easter Luncheon</i> 1:00 <i>Chair Balance Class</i>	3 9:00 Exercise Video 10:00 Pitch 10:15 Meals on Wheels 10:30 W. Mass Food Truck 11:00 <i>Mountain Girl Farm</i> 11:30 Hot Lunch 12:30 <i>Cornhole</i> 1:00 <i>Spitzer Cntr. Closing Early for Good Friday</i>
6 9:00 Exercise Video 10:00 Cribbage 10:15 Meals on Wheels 11:30 Hot Lunch 1:00 <i>Exploring your Life Story</i>	7 9:00 <i>Panera Trip</i> 9:00-10:00 <i>Spitzer Center Drop-In Coffee Hour</i> 9:30 <i>Foot Nurse by Appointment</i> 10:15 Meals on Wheels 11:30 Hot Lunch 1:30 Mahjong	8 9:30 Tai Chi 10:15 Meals on Wheels 10:45 <i>Reiki By Appt.</i> 11:30 Hot Lunch 11:30 <i>Dr. Ogiste on Macular Degeneration</i> 1:00 Chair Yoga	9 9:30 <i>Reflexology by Appt.</i> 11:00 <i>Fallon Health</i> 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo 1:00 <i>Chair Balance Class</i>	10 9:00 Exercise Video 10:00 Pitch 10:15 Meals on Wheels 11:00 <i>Mountain Girl Farm</i> 11:30 Hot Lunch 12:30 <i>Cornhole</i>
13 9:00 Exercise Video 10:00 Cribbage 10:15 Meals on Wheels 11:30 Hot Lunch 1:00 <i>Elder Services Caregiver Meeting</i> 1:00 <i>Exploring your Life Story</i>	14 9:00-10:00 <i>Spitzer Center 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 1:00 <i>COA Board Mtg.</i> 1:30 Mahjong	15 9:30 Tai Chi 10:15 Meals on Wheels 11:30 Hot Lunch 1:00 Chair Yoga	16 10:15 Meals on Wheels 11:30 Hot Lunch-How to Prepare for a Hospitalization <i>Stay & delicious cookies</i> 12:10 Bingo 1:00 <i>Chair Balance Class</i> 5:00 <i>Nite Time Bingo</i>	17 9:00 Exercise Video 10:00 Pitch 10:00 <i>Grandparents Group</i> 10:15 Meals on Wheels 10:30 W. Mass Food Truck 11:30 Hot Lunch 12:30 <i>Stamford Seniors Mtg</i> 12:30 <i>Cornhole</i>
20 <i>SPITZER CENTER CLOSED</i> 	21 9:00-10:00 <i>Spitzer Center Drop-In Coffee Hour</i> 9:00 <i>Kathy's Trip 5 Guys Restaurant & Shopping</i> 9:30 <i>Foot Nurse by Appointment</i> 10:15 Meals on Wheels 11:30 Hot Lunch 1:30 Mahjong	22 9:30 Tai Chi 10:15 Meals on Wheels 10:45 <i>Reiki by Appt.</i> 11:30 Hot Lunch 12:30 <i>Triad Meeting</i> 1:00 Chair Yoga	23 9:30 <i>Reflexology by Appt.</i> 10:15 Meals on Wheels 11:30 Hot Lunch 11:30 <i>Free Blood Pressure</i> 12:10 Bingo 1:00 <i>Chair Balance Class</i>	24 9:00 Exercise Video 10:00 Pitch 10:15 Meals on Wheels 11:00 <i>Mountain Girl Farm</i> 11:30 Hot Lunch 12:30 <i>Cornhole</i> 12:30 <i>Brown Bag</i>
27 9:00 Exercise Video 10:00 Cribbage 10:15 Meals on Wheels 11:30 Hot Lunch 1:00 <i>Elder Services Caregiver Meeting</i> 1:00 <i>Exploring your Life Story</i>	28 9:00-10:00 <i>Spitzer Center Drop-In Coffee Hour</i> 10:00 <i>Food Bank Cooking Demonstration</i> 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo 1:30 Mahjong	29 9:30 Tai Chi 10:15 Meals on Wheels 11:30 Hot Lunch 1:00 Chair Yoga	30 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo 1:00 <i>Chair Balance Class</i>	

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Kathy's Van Trip Tuesday, April 21st

On this day Kathy will be taking you to enjoy a day of shopping and then feasting on a lunch at the **Five (5) Guys Restaurant**.

Call the Center at **413-662-3125** to reserve your seat on her van.

Here's some exciting NEWS!!! Kathy's Van Trip Tuesday, May 5th

Kathy will be traveling to McCann's School for a

Spa Day. McCann's Cosmetology Program offers 4 separate packages that riders will be able to select their own choice. You will arrive at the school at 10AM. Only **six (6) passengers** can be scheduled for this trip, so if you're interested, please call the Center at 413-662-3125 to sign up for your ride. Kathy will have copies of the packages being offered in her van ahead of time, or you may call the Center for a description and price of each package. We're offering a **free ride** for the van. After being pampered, you will enjoy your lunch at Pedrin's Dairy Bar.

Berkshire Sports & Physical Therapy

Have you ever been to Physical Therapy? Some day you may. So, we're giving you the opportunity to attend a presentation instructed by Megan Peery, DPT from the Berkshire Sports & Physical Therapy at the North Adams Regional Hospital on Thursday May 21st at 10am. Their physical therapists are dedicated to providing comprehensive care tailored to each patient. Their focus is on individualized, one-on-one sessions to maximize the effectiveness of the treatment. They offer Inpatient and Outpatient programs.

Here are a few areas that maybe of interest to you:

- ◆ Gait and Balance Training
- ◆ Spine/Back Therapy (including scoliosis)
- ◆ Cancer Rehabilitation
- ◆ Orthopedic Joint Replacement Therapy
- ◆ Orthopedic/ Prosthetic Training
- ◆ Spinal Cord Injury Rehabilitation
- ◆ Multi-disciplinary appointment with Occupation Therapy and Speech Therapy

What a great opportunity to ask all of your questions about your aches and pains. Call the Center 413-662-3125 to make your required reservation.

Welcome Spring. It's been a very cold, snowy winter in the Berkshires, but now the flowers are beginning to bloom and the sun is filling our lives with warmth, happiness and joy.

Remember, **May** is just around the corner.

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.

Nite-Time Bingo Thursday, April 16th ~ 5-7pm

Officer Stephanie Mirante will be returning once again for another fun round of Nite-Time Bingo. Prizes will be awarded and snacks will be provided for this event.

Doors do not open until 4:55pm

Please Note: Effective on **Monday, April 6th** All Monday's Bingos are being cancelled.

Bingo's Tuesdays & Thursdays

Exciting News!! are about to change to our Bingo's held on Tuesdays and Thursdays. Effective on **May 6th**, you will have the opportunity to win a gift card to the **Big Y** or **Walmart**. Here's how it works. When you arrive, you will need sign-in every time. At the end of Bingo, you will need to inform the front office of the number of games you won that day. At the end of the month, we will total the number of times won for each player. The person with the most games won for that month will be awarded the gift card. So, the more you play the better your chances of winning.

Good Luck 

Games Activities Check out the listings of our other games available here at the Center for you to further enjoy. Many people are very excited with seeing familiar faces. You maybe another one they know.



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2026 Income guidelines
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Family Size	Income
1	\$51,777
2	\$67,709
3	\$83,641
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North Adams Council on Aging, North Adams, MA 06-5145

Elder Services of Berkshire County - Nutrition Program

April 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
See what <i>April</i> has on the menu. Call the Spitzer Center Kitchen at 664-9826 to speak with Laurie or stop in to place your reservation	HOTLINE If you will not be home when your meal is delivered please call our Nutrition Hotline at 1-800-981-5201	1 Chicken Almandine Boiled Potatoes Peas & Onions Oat Nut Bread Blueberry Yogurt**	2 SPRING LUNCH LS Ham w/Raisin Sauce Mashed Sweet Potatoes Asparagus Snowflake Roll Banana Cake **	3 GOOD FRIDAY Butternut Mac & Cheese* Tomato Medley Green Beans Crackers Fruit Cocktail
6 Beef Stroganoff Buttered Noodles Coleslaw Dinner Roll Fruit Crisp	7 Chicken Cacciatore Steam Rice Monaco Vegetable Blend 12 Grain Bread Diced Mangoes	8 Eggplant Parm w/Marinara Penne Pasta Brussel Sprouts Italian Bread Orange	9 Tuna Salad on Bed of Lettuce Chickpea Tomato Salad Cold Spice Beets Hot Dog Bun Banana	10 Orange Chicken Brown Rice Squash & Red Peppers Whole Wheat Bread Mixed Fruit
13 Herb Baked Fish Roasted Potatoes Green & Wax Beans Oat Nut Bread Strawberry Cup	14 Beef Teriyaki w/Broccoli Steamed Rice Oriental Vegetables 2 Fortune Cookies Pineapple & Mandarin	15 Chicken Curry Sweet Potato Sliced Carrots 12 Grain Bread Sliced Peaches	16 Goulash Corn Green Peas Italian Bread Pears	17 Sliced Turkey & Gravy Mashed Potatoes Glazed Carrots Dinner Roll Spiced Apples
20  	21 Beef Stew Boiled Potatoes Mixed Greens Dinner Roll Banana	22 Cheese Lasagna Italian Blend Vegetables Brussel Sprouts Oat Nut Bread Tropical Mixed Fruit	23 Chicken Bruschetta Buttered Noodles Tuscany Blend Italian Bread Applesauce	24 Pork w/BBQ Sauce Mashed Potato Cauliflower w/Pimientos Rye Bread Raisins
27 Sloppy Joes Parsley Buttered Potatoes Lyonnais Carrots Hamburger Bun Apricots	28 Chicken w/Gravy Herbed Stuffing Butternut Squash Whole Wheat Bread Melon Cup	29 Chuckwagon Stew Buttered Noodles Broccoli Florets Whole Wheat Bread Applesauce	30 Homemade Meatloaf w/Gravy Mashed Potatoes Broccoli Florets Oat Nut Bread Sliced Peaches	

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

Carrot Cake with Cream Cheese Frosting

Ingredients:

2 cups white sugar
1 1/4 cups vegetable oil
4 large eggs
2 teaspoons vanilla extract
2 cups all-purpose flour
2 teaspoons baking soda
2 teaspoons baking powder
2 teaspoons ground cinnamon
1/2 teaspoon salt
3 cups grated carrots
1 cup chopped pecans (Optional)

Frosting:

1/2 cup butter, softened
8 ounces cream cheese, softened
4 cups confectioners' sugar
1 teaspoon vanilla extract
1 cup chopped pecans (Optional)



Directions:

Step 1~ Gather all ingredients. Preheat the oven to 350°F. Grease and flour a 9 x 13" pan.

Step 2~ Beat sugar, oil, eggs, and 2 teaspoons vanilla together in a large bowl with an electric mixer until well combined.

Step 3~ Mix in flour, baking soda, baking powder, cinnamon, and salt. Stir in carrots, then fold in pecans.

Step 4~ Pour into the prepared pan.

Step 5~ Bake in the preheated oven until a toothpick inserted into the center of the cake comes out clean, about 40 minutes. Let cool in the pan for 10 minutes, then turn out onto a wire rack and cool completely.

Step 6~ To make the frosting: Beat butter, cream cheese, confectioners' sugar, and 1 teaspoon vanilla together in a large bowl with an electric mixer until smooth and creamy.

Step 7~ Stir in chopped pecans.

Step 8~ Frost the cooled cake. Serve and enjoy!

Happy Easter To You All ~ Jan