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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
spitzerentr@yahoo.com

"THE BULLETIN"

JULY 2026

Celebrate 250 Years of American Independence

4th of July Facts

History & Founding Fathers

- **The wrong date:** John Adams believed Independence Day should be celebrated on July 2, the actual day Congress voted to sever ties with Great Britain.
- **Delayed signing:** Only Charles Thomson (Secretary of the Continental Congress) and John Hancock signed the Declaration of Independence on July 4, 1776. The other 54 delegates signed it nearly a month later, on August 2, 1776.
- **Presidential coincidences:** Three U.S. presidents have died on the Fourth of July. Remarkably, John Adams and Thomas Jefferson both passed away on the exact same day in 1826 (the 50th anniversary of the Declaration), and James Monroe died on July 4, 1831.
- **Born on the 4th:** Calvin Coolidge is the only U.S. president to have been born on Independence Day (July 4, 1872).

Traditions & Celebrations

- **First fireworks:** The first official Fourth of July fireworks were used in 1777 in Philadelphia and Boston to mark the first anniversary of the adoption of the Declaration.
- **Holiday Timeline:** Massachusetts was the 1st State to recognize July 4th as an official holiday in 1781.
- The 1st celebration took place at the White House in 1801.
- The U.S. Congress didn't declare it a federal holiday until 1870, and it became a paid federal holiday for all employees in 1938.
- July 4th, 1776 adopted the Declaration of Independence and marks the birth of American Independence.

Fun Facts & Data

- **Hot dog heavyweights:** Americans consume approximately 150 million hot dogs over the July 4th holiday week-end alone.
- **Population explosion:** In 1776, there were only about 2.5 million people living in the new nation. Today, the U.S. population is over 330 million.



To accommodate the Center's
1 PM summer closing time,
Cornhole will now be played on
Mondays at 12:30 PM through
August 31st.

Want to be part of a fun, high-energy event while supporting our community? We're looking for **Volunteer Bingo Callers**. This is always fun and memorable times. Contact the Center 413-662-3125 let us know of your interest.

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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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. \$20 for 15 minutes.

July 9th and 30th

Appointments are required.

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



**"Hip Hop"
Square Dance
for Seniors
Boots on the**



**Ground
Thursday, August 13th @ 1:30**

Rondae Drafts, PH.D.abd. Will be holding this fun-filled event. During the class, seniors will receive basic dance instructions. Hip Hop Square dance is a type of social, fun dance activity where we perform the routines in four (4) different directions. Instead of an in-person caller, hip hop square dance, uses recorded instructions.

Evidence in current research suggests that physical activity can slow down the decline of cognitive disabilities and may improve the quality of senior life. The class is fun and exciting, a perfect mix of mental stimulation, social interaction and low-impact physical activity. Call the Center at 413-662-3125. Reservations are required.

Grab your cowboy hat and your cowboy boots and join in!



**America 250th Birthday
4th of July Picnic
Thursday, July 2nd-12:00
Entertainment ~ Lighien-Up Band
Menu
Appetizer
Entrée
Cheeseburger & Bun
Corn
German Potato Salad
Dessert
Bavarian Crème with ice cream
Reservations are required
Call the kitchen at 413-664-9826 to speak
with Laurie for your seating before up to
12pm on day prior.**

2026 Windsor Lake Concert Series



FREE weekly concert series, hosted by the City of North Adams. Wednesdays at 6:30 pm from the first Wednesday on July 1st through the last Wednesday on August 26th, except for the week of Downtown Celebration (8/12/26). Parking is free and the rest rooms will be available at the



We're serving up a special treat for everyone! We'll be hosting a monthly "Popcorn Day" on the **3rd Thursday of every month.** Grab a bag, take a well-deserved break, come and enjoy some buttery goodness here at the Center.

Are you a Veteran or a Veteran Widow?
Veteran's Service Officer

Kurtis Durocher can advise you about available benefits.

Location:

Veterans Services

City of North Adams

10 Main Street, North Adams MA

Phone Number: 413-662-3040



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.



Free Blood Pressure Clinic Thursday, July 23rd at 12pm

Nancy Slattery, Berkshire Public Health Alliance, will be here at the Center. 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. No appointment is required for this clinic.



North Adams brings fireworks to the Berkshire Mountains July 4th at 9:15

Watch a mountain-region fireworks show in North Adams, where summer evenings, nearby peaks and Northern Berkshire scenery give the holiday extra drama.

Avoid the gridlock and take a scenic train ride departing from neighboring Adams at 8:15 p.m. Passengers get a VIP view of the show from the train and a smooth ride home.

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The highly anticipated **Eagle Street Beach Party** is North Adams' signature summer event. The city drops 250,000 pounds of sand on the historic street to transform downtown into a mountain beach. The party features sandcastles, live music, and outdoor dining.

Date: Thursday, July 16, 2026 4pm to 8pm

Time: Usually runs in the afternoon into the evening

Location: Historic Eagle Street, North Adams, MA

Admission: Free and family-friendly

JULY 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 Northern Berkshire Retirees Club 10:15 Meals on Wheels 12:00 4th of July Picnic 1:00 Chair Balance	3 SPITZER CENTER CLOSED FOR 4TH OF JULY HOLIDAY
6 8:50 Exercise Video 9:00 <i>Panora & Shopping Trip</i> 10:00 Cribbage 10:15 Meals on Wheels 11:30 Hot Lunch 12:30 Cornhole	7 9:00-10:00 <i>Spitzer Center Drop-In Coffee Hour</i> 9:30 Foot Nurse by Appointment 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo 1:30 Mahjong	8 9:30 Tai Chi 10:15 Meals on Wheels 10:45 <i>Relki by Appt.</i> 11:30 Hot Lunch 1:00 Chair Yoga	9 9:30 <i>Reflexology by Appt.</i> 10:15 Meals on Wheels 10:00 <i>Fallon Health</i> 11:30 Hot Lunch 12:10 Bingo 1:00 Chair Balance	10 8:50 Exercise Video 10:00 Pitch 10:15 Meals on Wheels 11:00 <i>Mountain Girl Farm</i> 11:30 Hot Lunch 1:00 <i>Spitzer Center Closed</i>
13 8:50 Exercise Video 10:00 Cribbage 10:15 Meals on Wheels 11:30 Hot Lunch 1:00 <i>Elder Services Caregiver Meeting</i> 12:30 Cornhole	14 9:00-10:00 <i>Spitzer Center Drop-In Coffee Hour</i> 10:00 <i>Erica Kennedy, Medicare Advisor</i> 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo 1:30 Mahjong	15 9:30 Tai Chi 10:15 Meals on Wheels 11:30 Hot Lunch 1:00 Chair Yoga	16 10:00 <i>Popcorn Day</i> 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo 1:00 Chair Balance	17 8:50 Exercise Video 10:00 Pitch 10:00 <i>Grandparents Group</i> 10:15 Meals on Wheels 11:00 W. Mass Food Truck 11:00 <i>Mountain Girl Farm</i> 11:30 Hot Lunch 1:00 <i>Spitzer Center Closed</i>
20 8:50 Exercise Video 10:00 <i>Massage by Appt.</i> 10:00 Cribbage 10:15 Meals on Wheels 11:30 Hot Lunch 12:30 Cornhole	21 9:00 <i>99 Restaurant Shopping Trip</i> 9:00-10:00 <i>Spitzer Center Drop-In Coffee Hour</i> 9:30 Foot Nurse by Appointment 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo 1:30 Mahjong	22 9:30 Tai Chi 10:15 Meals on Wheels 10:45 <i>Relki by Appt.</i> 11:30 Hot Lunch 1:00 Chair Yoga	23 10:15 Meals on Wheels 11:30 Hot Lunch 12:00 <i>Free Blood Pressure Clinic</i> 12:10 Bingo 1:00 Chair Balance	24 8:50 Exercise Video 10:00 Pitch 10:15 Meals on Wheels 11:00 <i>Mountain Girl Farm</i> 11:30 Hot Lunch 12:30 Brown Bag 1:00 <i>Spitzer Center Closed</i>
27 8:50 Exercise Video 10:00 Cribbage 10:15 Meals on Wheels 11:30 Hot Lunch 1:00 <i>Elder Services Caregiver Meeting</i> 12:30 Cornhole	28 9:00-10:00 <i>Spitzer Center Drop-In Coffee Hour</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 <i>9:30 Reflexology by Appt.</i> 10:15 Meals on Wheels 11:00 Fallon Health 11:30 Hot Lunch 12:10 Bingo 1:00 Chair Balance	31 8:50 Exercise Video 10:00 Pitch 10:15 Meals on Wheels 11:00 <i>Mountain Girl Farm</i> 11:30 Hot Lunch 1:00 <i>Spitzer Center Closed</i>

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Kathy's Panera & Shopping Trip Monday, July 6th

Hop aboard Kathy's first van 1st shopping trip in July. The day will begin with shopping, then lunch at Panera followed by more shopping. This day and all of Kathy's trips are filled with fun, laughter and delicious food. On top all of that, the cost of van ride is only \$5.00. Call the Center to reserve your seat at 413-662-3125.

99 Restaurant & Shopping Trip Tuesday, July 21st

It's time again to travel with Kathy. Her second trip will be heading to Pittsfield to the 99 Restaurant for lunch. Then enjoying shopping around the surrounding stores. It's always a lot of fun and many laughs. Call the Center to reserve your seat at 413-662-3125.



Are you in pain? **"Great News"** Jess Wilson will be holding her next Massage Therapy class on Monday, July 20th beginning at 10:00am.
Thirty-minute table massage cost \$40
Fifteen-minute chair massage cost \$20
Call the Center at 413-663-3125 to make your **Required Appointment.**

Stamford Seniors Picnic
Wednesday, August 19th @ 12:30
Held at Mary Spitzer Center

Contact Gary Phillips to reserve your seat.

Spitzer Center will provide the dessert & beverages.

TRIAD Pizza Party
Wednesday, August 26th @ 12:30
Held at Mary Spitzer Center

Contact Gary Phillips to reserve your seat.

Spitzer Center will provide the dessert & beverages.

Drop-In Coffee Hour



On Tuesdays of each month we will be 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.



Natural Bridge State Park

June - August 2026 Programs

All programs are free and open to the public. Children ages under 18 must be accompanied by an adult. All programs meet at the Natural Bridge Visitor Center, McCauley Road, North Adams, MA unless otherwise noted. For more information call the Visitor Center (413) 663-6392. Upcoming Coming Events

Visitor Center Open Daily - 9am to 4pm
Natural Bridge State Park Visitor Center features exhibits, park and tourist information. Available restrooms and drinking water.

Nice & Easy Walk - Thursdays 10am - 11am
Join the park interpreter for a leisurely exercise walk under a mile, geared for older adults, but open to all.

Kaleidoscope Story Hour - Fridays 10am - 11am
For ages 3-6, accompanied by an adult. Learn more about wild-life neighbors. Program includes a story, activity, and craft. Meet at Visitor Center.

Tremendous Tree Walk - Fridays 2pm - 3pm
An easy interpreter-guided walk along a 0.6 mile long Elder Nature Trail. Encounter wondrous trees in a landscape shaped by glacial forces. All ages. Wear sturdy footwear. Bring a water bottle.

Natural Bridge History Tour - Saturdays 10am - 12pm
Easy walking tour for all ages. Discover the mysteries of the Natural Bridge with short stories that enliven and highlight this unique park. Wear sturdy footwear. Bring a water bottle.

Investigation Station - Saturdays 1pm - 3pm
All ages. Visit with the Park Interpreter in or just outside the Visitor Center to get a closer, fun, informative glimpse into local plants, wildlife, geology, and history.

Natural Bridge History Tour - Sundays 10am - 1pm
Easy walking tour for all ages. Discover the mysteries of the Natural Bridge. Interpreted-guided discovery with short stories that enliven and highlight this unique park! Wear sturdy shoes. Bring water. All ages.

Life in the Quarry - Sundays 12pm - 2:30pm
Join the Park Interpreter for a short, easy walking tour. Discover what it was like to work in a quarry in the 1800s and early 1900s. Dress for the weather. Wear sturdy shoes. Bring water. All ages.

Building the Bridge - Mondays 10am - 2pm
What were the natural forces that formed these unique landforms? Discover the human elements that altered them through photos and little-known details about how natural Bridge came to look as it does today. Dress for the weather. Wear sturdy shoes. Bring water. All ages.



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North Adams Council on Aging, North Adams, MA

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Elder Services of Berkshire County - Nutrition Program
 **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>July</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 Cali Chicken Salad Mushroom Barley Soup Broccoli Florets 100% Wheat Bread Fruit Crisp	2 4th of July Picnic Cheeseburger Corn German Potato Salad Bun Bavarian Crème	3 <i>Spitzer Center Closed</i> 
6 Chicken Meatballs Shells w/Marinara Green Beans Italian Bread Nectarine	7 Asian Pork Casserole Buttered Noodles Steamed Red Cabbage Chow Mein Noodles Tropical Fruit Mix	8 Chicken Fajita Rice with Black Beans Broccoli Floret Soft Tortilla Shell Diced Pears	9 COLD MEAL Egg Salad Rice Salad Tomato Cucumber Salad Hot Dog Roll Banana	10 Chicken Piccata Roasted Potatoes Sliced Carrots 12 Grain Bread Mandarin Oranges
13 Cod Pomodoro Steamed Rice Peas w/Mushrooms Oat Nut Bread Pineapple Chunks	14 Meatloaf w/Gravy Mashed Potatoes Harvard Beets Whole Wheat Bread Applesauce	15 BBQ Pulled Pork Vegetarian Baked Beans Coleslaw Hamburger Bun Fresh Plum	16 Chicken Parmesan Penne w/Marinara Sauce Summer Squash Graham Crackers Strawberry Cup	17 COLD MEAL Turkey Salad Marinated Cuke & Onion 3 Bean Salad Hot Dog Bun Diced Mangoes
20 Mac & Cheese Stewed Tomatoes French Cut Green Beans Whole Wheat Bread Vanilla Yogurt	21 COLD MEAL Chicken Pesto Sandwich w/Tomato & w/Bun Carrot Raisin Salad New England Coleslaw Fresh Peach	22 Beef Burgundy Buttered Noodles Lima Beans 12 Grain Bread Fruit Cocktail	23 Chicken Sausage Grinder Armenian Rice Summer Vegetables Grinder Roll Craisins	24 Sliced Turkey w/Gravy Mashed Sweet Potatoes Broccoli Florets Dinner Roll Melon Chunks
27 Pork Chop Scaloppini Mashed Potatoes Fiesta Corn Oat Nut Bread Warm Applesauce	28 Beef Teriyaki w/Broccoli Steamed Rice Lyonnise Carrots 12 Grain Bread Mandarin Oranges	29 L.S. Mustard Ham* Warm Barley Summer Squash & Zucchini Dinner Roll Apricots	30 Beef Stew Boiled Potatoes Cauliflower w/Pimento WG White Bread Sugar Free Fruited Jell-O	31 Stuffed Shells Cut Green Beans Spinach Italian Bread Mixed Fruit

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

Lemon Pepper Wings

Prep: 10 mins

Cook: 20 mins

Total: 30 mins

Servings: 12 wings

**Ingredients:**

2 pounds chicken wings
2 tablespoons canola oil or your preferred high-temperature cooking oil
1 tablespoon honey
3 1/2 teaspoons lemon pepper seasoning divided
2 tablespoons unsalted butter
2 tablespoons freshly squeezed lemon juice plus additional lemon wedges for serving
1/4 teaspoon ground black pepper
Chopped green onion for garnish
Enjoy & See You All Soon - Jan

Instructions:

Step 1 Place one rack in the center of the oven and one in the upper third. Preheat the oven to 450°F. Line a large baking sheet with aluminum foil. Lightly coat the rack with nonstick spray. Set a large mixing bowl on the counter.

Step 2 With a paper towel, pat the wings dry.

Step 3 Top the wings with the canola oil, honey, and 2 teaspoons lemon pepper seasoning. Stir to coat, then arrange the wings in a single layer on the prepared baking sheet. Bake for 12 to 18 minutes, until the wings are cooked through. The skin will start to shrink away from the ends of the bones, and the wing juices will run clear when pierced with a fork.

Step 4 Move the pan to the upper third of the oven and turn the oven to broil. Broil for 2 to 3 minutes, until the wings darken and crisp a bit more. Do not walk away to make sure the wings do not burn.

Step 5 While the wings bake, in a small, microwave-safe bowl, melt the butter. Add the wings to a large bowl, then top with the melted butter, lemon juice, black pepper, and remaining 1 1/2 teaspoons lemon pepper. Stir to coat. Transfer the wings to a serving plate and sprinkle with chopped green onions. Enjoy hot.