

The Senior Center is open Mon, Wed, Fri - 9:00 a.m. to 3:00 p.m.

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TOWN OFFICE PHONE NUMBER
662-2448 *(For specific office press.)*

0 - Town Administrator (Joan Lewis)
Board of Selectmen (Neal Oleson, Chair)
Board of Health (Al Bedini, Chair)
0 -Accountant (Rebecca Choquette)
1 - Treasurer (Stacy Abuisi)
Tax Collector (Stephanie Pare)
2 - Assessor's Office (Krista Bishop)
3 - Town Clerk (Lisa Brown)
4 - Senior Center (Sue Oleson, Director, Joyce Von Tilborg, Co-Director)
5 – Highway Foreman (Jim White)
6 – Fire Department (Mike Gleason, Chief)

FLORIDA COUNCIL ON AGING

Ruth Boyce - Lisa Brown - Susan Fulton - Sarah Maclennon
Wanda McNary - Patricia Tovani - Debra Welch
EMAIL: flaseniors.flamass@gmail.com

This newsletter is made possible by a grant from the Massachusetts Executive Office of Elder Affairs and the financial support of the Town of Florida.

Please Note: During inclement weather and the closing of the Florida School, the senior center will also be closed.

Welcome to the Florida Senior & Community Center

Center News: Happy Thanksgiving! Well here we are in late fall almost winter with it's "Ho-Ho-Ho's". Not sure how it happened but here we are. This month is filled with fun and food. Here at the Center we'll be having a **Christmas Craft and Flea Market** on Saturday the 7th from 10 till 3. It's $10 to rent a space. Come get that gadget or gizmo you need or do some Christmas shopping at the craft tables. **We will be closed the 24th thru the 29th to celebrate Thanksgiving.** On the 18th we'll be painting wooden leaves for fall Decorations. Don't forget Christmas is rapidly approaching and so is the Christmas Party the 1st week of December so keep that in mind and let us know if you are interested.

What's up here? As always we're extra busy here with grandchildren, holiday prep and gift buying. Love all of this but requires...I'm not sure what it requires but it's really busy chaos! So if you see me and I'm scattered you've been warned.

How many words can you make out of ? Gobble-gobble

Word Power: Githerments I have this! A random assortment of unmatched items...you know the plastic container with 6 lids that don't match it or anything else you own.

New Word...Snirtle and it means....

Trivia Everyone Never Needed to Know: Months that begin on a Sunday will always have a Friday the 13th.

A beaver's teeth are reenforced with iron and self-sharpening.

To waste $10,000 a year all you have to do is spend $27.40 a day on unnecessary items!

Health Fact: When putting on perfume or cologne do not apply it to your neck region as the chemicals are absorbed by your thyroid and repeated exposure can cause hormonal issues.

Man Tip: It's the time of year when power outages aren't a surprise. Keep a gallon jug of water stashed in the house. When the power goes out strap a head lamp onto the jar with light facing into jug. This will light up the whole room.

In the Kitchen: Need hard boiled eggs but hate peeling them. Don't start them in cold water. Get the water boiling then gently slide eggs into water, boil 3 minutes, shut off and put a lid on pan for 8 minutes. Move immediately into an ice bath.

Household Tip: Need more closet space? Slip a soda tab over hook of hanger. Now you can hang another hanger off that tab giving you extra space.

Welcome to the Florida Senior & Community Center

Recipe Time: Ravioli Bake: In a greased 9x13 pan dump in a half of a 24oz marinara sauce jar into pan and 1 can 14.5oz of diced Italian style stewed tomatoes. Arrange frozen ravioli on top in a single layer, pour on remaining sauce. Sprinkle on 1 tsp garlic powder and Italian seasoning. Add ½ c parmesan cheese and 2 c shredded mozzarella. Cover tightly with foil. Bake at 375 in a preheated oven for 30 min.

Dessert: Maple Latte Mug Cake : In a large greased microwave safe mug mix together 3 Tbsp flour, 1 Tbsp brewed coffee, 2 Tbsp maple syrup (can use sugar free syrup), 1 Tbsp oil or melted butter, 1 Tbsp milk, ¼ tsp vanilla and baking powder, lastly add a pinch of cinnamon. Make sure it's mix very well. Microwave for 1 and ½ minutes. Can dust with cinnamon. If unable to have flour you can do a equal amount of 1:1 gluten free flour or oat flour (may need to increase liquids) or almond flour. Enjoy.

LET'S LAUGH (OR AT LEAST SMIRK): Let's talk morning beverages...has anyone else noticed how much better herbal tea tastes when it's coffee?! Also I love the people who say you don't need coffee to start the day, yeah and I don't need a parachute to jump out of a plane but I'm not going to chance it! Just an fyi if I ever refuse coffee call 911 someone stole my identity!

Something to Think About: Life is short break the rules have popcorn for supper, forgive quickly, laugh often and enjoy every moment!

THANK YOU FRAN for your assistance with the Newsletter.

Welcome to the Florida Senior & Community Center-

NOVEMBER 2026

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 11:00 Chair Yoga 11:30 Knit & Crochet 6:30 Evening Yoga with Lisa	3	4 9:00 ADMIN 10:00 Friends Mtg. 11:00 COA Mtg.	5	6 11:00 Chair Yoga 11:30 BINGO	7 In Door Flea Mar ket
8	9 11:00 Chair Yoga 11:30 Bring a movie and we'll watch it together - Pop Corn 6:30 Evening Yoga with Lisa	10	11 CENTER WILL BE CLOSED FOR VETERANS DAY	12	11 11:00 Chair Yoga 11:30 BINGO	14
15	16 11:00 Chair Yoga 11:30 We'll work on some ADULT coloring books 6:30 Evening Yoga with Lisa	17	18 9:00 ADMIN 11:00 Chair Yoga 11:30 We're making Painted Leaves	19	20 11:00 Chair Yoga 11:30 BINGO	21
22	23 11:00 Chair Yoga 11:30 Men & Women social. Refreshments will Be served 6:30 Evening Yoga with Lisa	24	25 CENTER WILL	26 T H A N K S G I V I N G	27 BE CLOSED	28
29	30 11:00 Chair Yoga 11:30 SALAD SOCIAL Make your favorite salad and bring it for lunch to share 6:30 Evening Yoga with Lisa					

NOTE:

INDOOR CHRISTMAS CRAFTS & FLEA MARKET AT THE SENIOR/COMMUNITY CENTER

SATURDAY, NOVEMBER 7TH FROM 10:00 UNTIL 3:00 PM

THERE WILL BE A $10 CHARGE FOR A TABLE AND WE REQUEST THAT YOU SIGN UP BY CALLING THE CENTER ON MONDAY, WEDNESDAY OR FRIDAY BETWEEN 9 AND 3:PM.

THERE ARE ONLY 12 TABLES AVAILABLE



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Happy, Happy, Happy Halloween Birthday to our October Birthdays:

Chuck Poirot, Florence Armstrong, Don Burdick, Harry Lagess, Ron Briggs, Joseph Graffis, June Speed, Jim Cummings and Phillip Lagess. And a very special "you go girl" birthday wish to Stacia Birch our most SENIOR SENIOR. Have a very special birthday, Stacia.

Will you need FUEL ASSISTANCE this winter?

Berkshire Community Action Council is now accepting applications for the Low-Income Home Energy Assistance Program (LIHEAP) for the 2026-2027 heating season. Eligibility is based on household size and gross annual income.

For a household of 1 the maximum annual household income cannot exceed $53, 585. For a household of

2	$70,073.00
3	$83,561.00
4	$103,049.00
5	$119,536.00

For the first time this year Massachusetts is offering a "Middle Class Home Heating Oil Assistance benefit". A household with a total gross income of more than 60% but less than 100% of the state median income could be eligible for an estimated one-time emergency benefit of up to $680. The program will be administered by Berkshire Community Action Council (BCAC).

Household of	Above 60%	Below 100%
1	$53,586	$89,308
2	$70,074	$116,788
3	$86,562	$144,268
4	$103,050	$171,749
5	$119,537	$199,227
6	$136,025	$226,707

By applying for either program you may also be eligible for an Income-Eligible Discount Rate Program where you will have the opportunity to save on your energy (electric) bills.

BCAC also administers the Heating System Repair and Replacement program. This program provides funds for emergency heating system repair and/or replacement and the Home Insulation and Weatherization Program for income-eligible families.

For more information or to apply for either of these programs call BCAC at (413-663-3014) or (413-445-4503) visit bcacinc.org.

ADDITIONAL RESOURCES

THE SALVATION ARMY administers the Good Neighbor Energy Fund. This program helps Massachusetts residents who may not qualify for state or federal assistance with their gas, electric or oil prices. Call (413-663-7987) or (413-442-0624) for more information or to apply.

VETERAN'S SERVICES offers Chapter 115 Benefits which provides funds to Massachusetts wartime veterans and their families who need emergency assistance, including funds for heating costs. To find out if you are eligible visit www.massvetben.org

DYNEGY (Florida's Energy Program) will sign you into a cooperative program that will result in a lower electric rate. Call (1-866-220-5696) to apply.

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OPEN ENROLLMENT began on October 15 and runs through December 7th. This is the time each year when you can make changes to your Medicare and prescription drug plans. Switch from original Medicare to Medicare Advantage or from Medicare Advantage to Medicare.

If you switch to traditional Medicare you may need to add Medigap. Medicare Supplement Insurance (Medigap) is extra insurance you can buy from a private health insurance company to help you pay your share of out-of-pocket costs in Original Medicare.

For help on navigating the insurance jungle call "Information and Referral" at Elder Services (413-499-0524) or schedule an appointment with EcuCare in North Adams (413-663-8711). Make sure you have a list of your medications with you if changing your prescription drug plan.

WHAT'S HAPPENING AT THE FLORIDA FREE LIBRARY

October	22 -	Learn to make neck warmers with Ana Gentes
	29 -	Baking for the Season (Pumpkin Whoopie Pies)
November	5 -	Build a Birdfeeder with Judy Arigoni
	12 -	Essential Oil Fresheners for holiday gifts
	19 -	Thanksgiving centerpieces
December	3 -	Holiday Swags with Chad from Mt. Williams Greenhouses
	10 -	Stained Glass Wreaths with Lisa Mendel
	17 -	How to Decorate Holiday Cookies With Jesse Kratz from Shire Bakery

Classes begin at 5:00p.m. and run until 6:30 p.m. Reservations can be made by emailing the library at director@floridafreelibrary.com or texting Heidi at (413-329-0590.)

On Saturday, November 21st the Annual Florida Free Library Craft Fair will be held in the Abbott gymnasium from 10:00 a.m. until 2:00 p.m. Proceeds will go to the Abbott Student Activity Fund.

To reserve a table ($15.00) call the library (413-329-0590).

FREE passes are available at the Florida library for some of our local museums and historic sites. Passes are available to the Clark Art Institute in Williamstown; the Berkshire Museum in Pittsfield; and Magic Wings in South Deerfield. Free passes are also available for any of our State parks.

LIBRARY HOURS: Mon.10:00 a.m. - 4:00 p.m.; Wed. 1:00-6:00 p.m.; Thurs. 1:00-6:30 p.m.

BITS AND PIECES...

**On October 14th Social Security announced that Social Security recipients will be receiving a 3.6% cost-of-living adjustment (COLA) in 2027.

The Tea Room at McCann School is now open for the season. The price for a buffet meal is $12.00. Tea Room hours are from 11:00a.m. until 12noon on October 30, November 13 and December 8 and December 10. The Tea Room will then close for the holidays and re-open in February 2027.

** BRTA has extended their Fare Free Program until June 30, 2027. You can get transportation wherever you need to go by calling (413-499-2782) to schedule your pickup date and time. The service is FREE to seniors.

** You can now donate your old, unused eyeglasses at the Florida Landfill. Look for the Lions Club donation box.

There is also a receptacle for clothing, textiles and shoes at the landfill where you can donate your no longer needed items that are in good condition.

** Donate your junk vehicle to help support Veteran Nonprofits. Call (1-844-399-2230) to schedule a FREE pickup at a time and place of your choosing. Veteran Car Donations accepts most cars, trucks, boats, RVs and motorcycles within 24 hours and in some cases the same day.

Your donation directly helps to provide our heroes with essential medical care, job skills training and employment assistance, food, emergency shelter and housing for homeless veterans, therapy and grief counseling.

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Scams Scams and more Scams

National Grid is alerting customers to be aware of scam calls targeting residents in its service territory.

These scam calls typically involve callers claiming a customer's account is past due and threaten immediate service disconnection unless payment is made.

Customers should be aware of common red flags:

*Threats of immediate service disconnection without prior written notice

*Requests for personal, financial or account information

*Demands for immediate payment using prepaid or non-traditional payment methods

Customers should never provide personal or financial information to an unsolicited caller. If you suspect a scam, hang up immediately.

The Tech Support Scam and how it works ...

One or more pop-up messages appear on your screen, possibly accompanied by a loud blaring sound. The message warns that your device has been infected with a serious virus that requires immediate action, urging you to call a provided support number right away.

When you reach the "support representative" they explain a major problem, but they can help if you first pay them to look into the problem. Payment is requested through pre-paid cards or gift cards.

You are instructed to purchase them immediately and most likely in a large amount of money. The scammer will tell you he will stay on the line with you until the purchase is complete. He then asks you to read off the numbers on the back of the gift card(s) thereby giving him access to the card.

The Tech Support Scam is effective because of the fear and anxiety it produces with the pop-up warnings and blaring noise with no obvious way to make it stop.

If your screen (and ears) get taken over by pop-up warnings, press your computer's power button to initiate a "hard" shut down. After a few minutes, boot it back up and the problem should be gone. Or unplug the your computer from its power source.

170 Turn Out for 1st Annual Turnip Festival

The First Annual Florida Mountain Turnip Festival drew about 170 area residents and guests to celebrate what are claimed by Florida people to be the nation's, if not the world's sweetest turnips.

Sponsored by theLions Club, the event featured judging of the oddest-shaped, the biggest and the most photogenic turnips grown on Florida Mountain.

Winners were Mrs. Pauline Campbell, Lawrence Cote and Howard Rennell, respectively, all of Florida.

Crowned and appropriately caped with burlap socking and sitting on a hay bale throne were Mrs. Constance Gray as queen and Selectman Robert H. Cummings as king. Mrs. Gray received a bouquet of turnip greens and Cummings a turnip scepter.

The Hoarse Chorus, a group of half dozen Lions, treated those attending with renditions of "We are FloridaMountain Turnips (sung to the Chiquite Banana tune), "I'm a Lonely Little turnip in the Onion Patch", "My Wild Florida Turnip" (sung to My Wild Irish Rose). Square dancing was planned to go on into the night.

A booklet published by the Lions was a sellout. It contained several recipes for turnip dishes from Florida residents and essays and poems written by Gabriel Abbott Memorial School students. On the menu for the smorgasbord were mashed turnip and pickled turnip.

(reprinted from The Berkshire Eagle October 8, 1973)