MARY SPITZER CENTER
116 ASHLAND STREET
HOURS: 8:00 AM ~ 4:00 PM
NORTH ADAMS COUNCIL ON AGING
413-662-3125
SPITZERCNTR@YAHOO.COM
Visit us on our North Adams Council on Aging Facebook Page

"THE BULLETIN" NOVEMBER 2026

U. S. MIDTERM ELECTION ~TUESDAY, NOVEMBER 3RD



Remember: All about midterm elections is turnouts. Every vote is measured by enthusiasm, intensity, how interested people are. The Center will be providing free van rides to the polls.
10am ~ 12pm & 1pm ~ 3pm
Call the Center 413 662 3125 to schedule your pickup



"As a reminder as we approach upcoming stormy month's of weather. Double-check your pantry and make sure you've got some easy meals or snacks stocked up so you don't have to head back out."



List of Non-Perishable Food
Cereals | Condiments
Dairy Items | Snacks & Sweets
Ready to Eat Meals | Beverages
Canned & Jarred Foods

Electronic Emergency Backup Items
Batteries
Flashlights
Chargers for Cellphones

If the schools are closed due to the weather the COA Vans will not be operating.

Gateway Collaborative Media

Mackenzie Colvin
DIGITAL NAVIGATOR PROGRAM



Find out how you can:
Setup & use email
Change device settings
Install & use apps
Access telehealth
Stream entertainment
Reset passwords
Print documents
Identify spam call/emails
Connect to the internet
...and more!

Mackenzie is back and running another session here at the Center to help navigating you getting more comfortable/secure when on/using your computer. It doesn't matter what age we are when we need help. This is a perfect time for you to see how you can further yourself.
Call the Center at 413 662 3125 for dates.

Our Thanks to Denise Vigna, North Adams Commons

Our "October Happy Birthday Cake" Celebration was greatly appreciated by all of our Congregates.

Veteran's Day
Wed. November 11th
Spitzer Center Closed

Thanksgiving Luncheon
Thurs. November 19th at 12
See the Menu on page 7

Thursday, November 26th
Friday, November 27th
Spitzer Center Closed

Additional information of Spitzer Center events will be found on page 8 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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ATTENTION VETERANS – 10TH ANNUAL VETERANS DINNER – FREE

The Ronald F. Davis Memorial | 10th Annual Veterans Dinner
All Saints Episcopal Church | North Adams, MA
Service of Appreciation & Remembrance @ 5:00PM
Take-Out @ 5:45 PM | In-House Dining @ 4:00PM or 6:00PM
RSVP by November 3rd | All Veterans are Welcome to Bring a Guest | 413-664-9656

THANKSGIVING JOKE

Question: Why shouldn't you look at a turkey's stuffing?
Answer: You'll make him blush



PLEASE JOIN US FOR A THANKSGIVING LUNCHEON & RETIREMENT PARTY FOR



Pat Lescarbeau

12:00 PM THURSDAY | 19 | 2026 NOVEMBER

MARY SPITZER CENTER
116 ASHLAND STREET | NORTH ADAMS
Please RSVP at 413-662-3125
by November 12, 2026
See lunch calendar for menu
Senior Lunch Cost $3.00

We recognize this month
Kathy LaCasse
Keith Meyers
We are deeply grateful to our van drivers for their unwavering dedication, warm companionship, and professionalism. They truly enrich the daily lives of our seniors.

Are you a Veteran or a Veteran's Widow?



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



Medicare Open Enrollment Is Here!

A state certified Elder Services **SHINE** counselor will be on-site at the Mary Spitzer Center | 116 Ashland Street on **Monday, November 2nd at 9:30am-3:30pm** to answer individual questions. This is **by appointment only**. The **SHINE** counselor can help you understand:

- Your health care coverage
- Review cost increases
- Tell you what's new with Medicare for the upcoming year
- Compare your Medicare benefits
- Health insurance options at no cost.
- Reduce your out of pocket medical and/or prescription drug costs.

These SHINE appointments will fill up fast so call **413-662-3125** to schedule an appointment.



Friendly reminder Sunday, November 1st @ 2am. Don't forget to Fall back! Turn your clocks back one hour before bedtime on Saturday night & enjoy your extra hour of sleep.

CHRISTMAS GATHERING

Friday, December 11th at 5:00pm
Gathering at the Boston Seafood Restaurant
You will be ordering off their menu and
payment is on your own.
Pre-registration is required
First Come - First Serve and seats are limited

COUNCIL ON AGING DIRECTOR
Sandra Lamb

OFFICE CLERK
Brenda Zappone

NUTRITION SITE & MEALS-ON-WHEELS CO-ORDINATOR
Laurie Gavazzi

RECIPE IDEAS
Jan Blair

VAN DRIVERS
Kathy LaCasse
Keith Meyers

COUNCIL ON AGING BOARD MEMBERS
Norman Antonio
Nancy Canales
Julie Hanify
Stephen Smachetti
Robin Martin
Heather Boulger
Jonna Blair
Gary Phillips

COA BOARD MEETING
TUESDAY, NOVEMBER 10TH @ 1PM

THANKSGIVING DINNER FOR SENIORS






For seniors 60 years if age and older who are alone on Thanksgiving and have no way of having a traditional Thanksgiving Meal.
Meals will be delivered on ***Thanksgiving Day*** by volunteers between **11AM** and **1PM** (times may vary depending on total number of meals being delivered).

Meals are FREE!!!

All seniors who wish to receive a meal must make a reservation. Reservations can be made from **November 12th** to **November 20th** by calling
ALL Saints Episcopal Church
413-664-9656
Monday through Thursday | 8AM ~ 1PM
If no answer, please leave the following information:
Name | Address | Town | Phone Number
and someone will return your call to make your reservation.

North Adams TRIAD

Would you like to be a member?
Are you concerned about your safety or the 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 the seniors.
Meet with area police, fire and emergency service personnel.
Bring you concerns to us and see if other seniors have had the same issues.
Our monthly meetings are held on the **4th Wednesday of each month.**
Also in the **Mary Spitzer Center Bulletin Calendar.**
We have speakers from the area to talk to us about our concerns and needs.
We welcome members for all surrounding areas.
Dues are $10/year which covers the cost of our summer picnic and part of the holiday lunch.

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

Monday	*Tuesday*	*Wednesday*	*Thursday*	*Friday*
2 Macaroni & Cheese Stewed Tomatoes Peas & Pearl Onions Multi Grian Bread Mandarin Oranges	3 Chicken A'la King Steamed White Rice Asparagus Whole Wheat Bread Fruit Cocktail	4 Chicken Meatballs Pasta Shells w/Sauce Italian Green Beans Italin Bread Diced Pears	5 Roast Beef w/Gravy Mashed Potatoes Sliced Carrots Dinner Roll Applesauce	6 Chicken w/Gravy Boiled Red Potatoes Butternut Squash Oat Nut Bread Apprticot Halves
9 Calico Bean & Sousage Steamed White Rice Mixed Greens WG White Bread Sliced Peaches	10 Beef Stroganoff Buttered Noodles Beets & Pearl Onions Multi Grain Bread Fresh Orange	11  Spitzer Center Closed	12 Orange Chicken Wild Rice Pilaf Capri Blend Vegetables Oat Nut Bread Mixed Fruit	13 Veal Parmesan* Penne w/Marinara Yellow Squash Whole Wheat Bread Spiced Apples
16 BBQ Pulled Pork Black Beans & Rice New England Slaw Hamburger Bun Fruit Crisp	17 Salmon Newburg w/Sauce Israeli Couscous Antiqua Vegetables Dinner Roll Pineapple Tidbits	18 Beef Patty w/Pepper & Onion Gravy Augratin Potatoes Peas & Pimentos WG White Bread Raisins	19 Thanksgiving Lunch Sliced Turkey/Gravy Mashed Potatoes Harvest Blend Veggies Snowflake Roll Pumpkin Pie**	20 Chicken Marsala Buttered Noodles Sonoma Blend Mutli Grain Bread Mangos
23 Chicken Pesto Sandwich Buttered Noodles Winter Blend Vegetables Hamburger Bun Tropical Fruit	24 Stuffed Shells w/Sauce Spinach Green & Wax Beans Italian Bread Sliced Peaches	25 Beef & Cabbage Casserole Butternut Squash Soup Brussel Sprouts Oat Nut Bread Fresh Apple	26  Spitzer Center Closed	27 Asian Pork Stew Steamed Brown Rice Asparagus Whole Wheat Bread Fruit Cocktail
30 Moroccan Beef Stew Mashed Potatoes Lyonnaise Carrots Multi Grain Bread Craisins	**HOTLINE** **IF YOU WILL NOT BE HOME WHEN YOUR MEAL IS DELIVERED PLEASE CALL OUR NUTRITION HOTLINE AT 1-800-981-5201**		Call the Spitzer Center Kitchen at 664-9826 to speak with Laurie or stop in to place your reservation before 12pm on day prior.	

Support Our Advertisers!

Kathy's Panera Trip - Tuesday, November 6th

These trips are full of fun visiting different stores & shops during the morning hours. Heading to Panera for a fabulous lunch. Do you think the fun stops there? No, it continues with additional afternoon shopping. Interested, call the Center to reserve your seat at 413 662 3125.

Kathy's 2nd Trip
Target | 99 Restaurant | Afternoon Shopping
Tuesday, November 17th

Just like her above trip, there is always fun with great company during these trips. Interested, call the Center to reserve your seat at 413 662 3125



Erica Beaudry
Medicare Consultant
Open Medicare Enrollment
Tuesday, November 17th @ 10am
Call Spitzer Center at 413-662-3125

Erica is an independent Medicare Insurance Advisor. She will be available on Tuesday, November 17th-10AM to assist with Medicare Benefits, changes and concerns. In addition, she will be available for Medicare Open Enrollment that will follow through until December 7th. Please call the Center to make your "No Cost Appointment".

At your appointment, please have the following:

1. Medicare Card
2. Insurance Card
3. List of your doctors
4. List of your prescriptions

North Adams Commons Nursing & Rehabilitation Center

Wednesday November 4th at 11:30am



Each 1st Wednesday of the month, North Adams Commons will be donating a cake to celebrate the birthdays of every person in this month. The cake will be served during the Elder Service Congregate lunch at 11:30am.
Hope you'll join us for these celebrations.
Call Laurie in the kitchen at 413-664-9826 to order your lunch please call before up to 12 hours of prior day. What a wonderful time to celebrate
"HAPPY NOVEMBER BIRTHDAYS"

Happy Thanksgiving
Mary Spitzer Center

Thursday, November 19th at 12pm
116 Ashland Street | North Adams, MA

Entrée Menu

Appetizers
Sliced Turkey & Gravy
Mashed Potatoes | Harvest Blend Veggies
Snowflake Roll

Dessert

Pumpkin Pie

Reservations are required.
Call the Spitzer Center Kitchen at **413-664-9826** for your seating anytime before 12pm one day prior.
Seniors 60 years of age or older
$3.00 Donation

Pumpkin Dump Cake



Ingredients:

3 large eggs
1 cup sugar
1- 15 oz can pumpkin puree
1 tsp Ground Cinnamon
1- 12 oz can Evaporated Milk
1- box Spice Cake Mix
1 cup (2 sticks) unsalted butter, melted

Directions:

1) Preheat oven to 350°F degrees. Spray a 9 x 13 inch baking dish with nonstick cooking spray.
2) In a medium bowl, combine 15 ounce can pumpkin puree, 12 ounce can evaporate milk, 3 large eggs, 1 cup sugar and 1 teaspoon ground cinnamon until well-combined. It will be very liquid-y.
3) Pour this pumpkin mixture into the baking dish.
4) Sprinkle 1 box spice cake mix evenly on top of pumpkin mixture.
5) Drizzle 1 cup (2 sticks) unsalted butter, melted over the top.
6) Bake for about 55-60 minutes.
7) It might still be just a bit jiggly in the middle when done. It will continue to set up as it cools.
8) Let it cool for at least 30 minutes before slicing and serving.



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Do you need help paying your Heating Bills?

Berkshire Community Action may be able to help!

2025 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.

HEAP

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Visit our website: www.bcathp.org

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SPITZER CENTER BULLETIN NOVEMBER 2026

Monday	*Tuesday*	*Wednesday*	*Thursday*	*Friday*
2 8:50 Exercise Video 9:00 *Elder Services SHINE Open Enrollment by Appt.* 10:00 Cribbage 10:15 Meals on Wheels 11:30 Hot Lunch	**3** 9:00-3:00 *Panera's & Shopping Trip* 9:00 *Spitzer Center Drop-In Coffee Hour* 9:30 *Foot Nurse by Appt.* 10-12 & 1-2 *Van Rides to Voting Polls* 10:15 Meals on Wheels 11:30 Hot Lunch 1:00 *NAPD Police Academy 2026* 1:30 Mahjong	**4** 9:00 *Beginner Tai Chi* 9:30 *Tai Chi* 10:15 Meals on Wheels 10:45 *Reiki by Appt* 11:30 Hot Lunch *Celebrate Monthly Birthdays-cake donated by North Adams Commons* 1:00 Chair Yoga	**5** 10:00 *Northern Berkshire Retirees Club* 10:15 Meals on Wheels 11:30 Hot Lunch 1:00 Chair Balance	**6** 8:50 Exercise Video 10:00 Pitch 10:15 Meals on Wheels 11:00 W. Mass Food Truck 11:00 *Mountain Girl Farm* 11:30 Hot Lunch 12:30 Cornhole
9 8:50 Exercise Video 10:00 Cribbage 10:15 Meals on Wheels 11:30 Hot Lunch 1:00 *Elder Services Caregiver Mtg*	**10** 9:00 *Spitzer Center Drop-In Coffee Hour* 10:15 Meals on Wheels 11:30 Hot Lunch 1:00 *COA Board Mtg* 1:30 Mahjong	**11**  SPITZER CENTER CLOSED	**12** 10:15 Meals on Wheels 10:30 *Fallon Health Navigator* 11:30 Hot Lunch 1:00 Chair Balance Class	**13** 8:50 Exercise Video 10:00 Pitch 10:15 Meals on Wheels 11:00 *Mountain Girl Farm* 11:30 Hot Lunch 12:30 Cornhole
16 8:50 Exercise Video 10:00 Cribbage 10:15 Meals on Wheels 11:30 Hot Lunch	**17** 9:00-3:00 *Target | 99 Restaurant & Shopping Trip* 9:30 *Foot Nurse by Appt.* 10:00 *Erica Beaudry, Medicare Open Enrollment* 10:15 Meals on Wheels 11:30 Hot Lunch 1:30 Mahjong	**18** 9:00 *Beginner Tai Chi* 9:30 Tai Chi 10:15 Meals on Wheels 10:45 *Reiki by Appt* 11:30 Hot Lunch 12:30 *TRIAD Mtg* 1:00 Chair Yoga	**19** 10:15 Meals on Wheels 11:30 *Free Blood Pressure* 12:00 *Thanksgiving Luncheon* 2:00 Chair Balance Class	**20** 8:50 Exercise Video 10:00 Pitch 10:15 Meals on Wheels 11:00 W. Mass Food Truck 11:00 *Mountain Girl Farm* 11:30 Hot Lunch 12:30 Cornhole 12:30 *Stamford Seniors Mtg*
23 8:50 Exercise Video 10:00 Cribbage 10:15 Meals on Wheels 11:30 Hot Lunch 12:30 *Brown Bag Distribution* 1:00 *Elder Services Caregiver Mtg*	**24** 9:00 *Spitzer Center Drop-In Coffee Hour* 10:15 Meals on Wheels 11:30 Hot Lunch 1:30 Mahjong	**25** 9:00 *Beginner Tai Chi* 9:30 Tai Chi 10:15 Meals on Wheels 11:30 Hot Lunch 1:00 Chair Yoga	**26** SPITZER CENTER CLOSED FOR THANKSGIVING DAY HOLIDAY	**27** SPITZER CENTER CLOSED FOR THANKSGIVING DAY HOLIDAY
30 8:50 Exercise Video 10:00 Cribbage 10:15 Meals on Wheels 11:30 Hot Lunch	NOVEMBER 1ST 			