



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" OCTOBER 2026

October is BREAST CANCER AWARENESS MONTH



This entire month is a reminder that there is a gruesome disease that effects 1 in 8 women and 1 in 1,000 men in the United States. We are reminded people to be proactive about fighting this invasive disease and not to forget to support those who are suffering from breast cancer. For all you ladies don't forget to get your mammogram scheduled and for everyone help to support and participate, "Wear Pink Fridays" every week in the month of October.



NAPD CITIZEN POLICE ACADEMY *2026*

BUILDING STRONGER RELATIONSHIPS, BUILDING A SAFER COMMUNITY

Started in September, this program has been on it way to show you how North Adams Police Department is pleased to announce their continuance in their 4th Annual Citizen Police Academy! Their 10-week program offers an inside opportunity to learn directly from the men and women who serve in our North Adams Community.

PROGRAM DATES ARE: ALL TUESDAYS — SEPTEMBER 8th - NOVEMBER 3rd, 2026

TIME OF THIS EVENT: 1 PM - 4 PM

LOCATION: Mary Spitzer Senior Center | 116 Ashland Street | North Adams, MA | Community Center

FOR MORE INFORMATION CONTACT: Chief Mark Bailey | 413-664-4944 | chiefbailey@northadams-ma.gov

Come to the Mary Spitzer Center to see more and/or call 413-662-3125 for more information. Let's support our North Adams Police Department because...

Together, we keep North Adams safe and strong 🍷



Emotions can trigger a desire to eat - Tips for taking control for Emotional Eating

This session will be presented by Jennifer Wojtkowski, RDN from the Williamstown Commons. This presentation will be a discussion on Emotional Eating and will take place on

Thursday, October 29th 9:30am

Find out why?

- Do you want food because you are hungry?
- Fill an emotional need?

Find more ways and tips to keep your eating in check such as...

- Which emotions & situations trigger your eating.
- Listing of other things to do to resolve your emotional eating.

Learn more about Hunger-Satiety Rating Scale...

- Tracking your daily food intake

Ways to build support groups...

- How to acknowledge and understand when you are having a hard time for you to reach out to...

Call the Mary Spitzer Center at 413-662-3125 to attend this event.



Celebrating 234 years - Columbus Day

Monday, October 12th

In observance to the holiday
 Spitzer Center will be closed



Halloween Lunch Party

Thursday, October 29th at 12:00

See the Menu on page 7

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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Laura Harbin-Waters ~ Reflexology

Sanctuary Holistic, Skin & Body Care featuring Altea Organics

Reflexology is a complementary therapy using pressure on specific points on the feet, hands, or ears, believed to correspond to other body part, aiming to relieve stress, improve circulation, and support body's natural functions.

\$20 for 15 minutes

October 15th & 22nd ~ Appointments are required.

Call the Center at 413-662-3125 to secure your scheduled time.

So many people are amazed of their results after their visits. Come and feel the results.



Nurse Residency Program

Thursday, October 8th 11am - 1pm

Berkshire Health Systems has a Nurse Residency Program designed to train, support, and inspire new nurses as they begin their careers. As part of the residency curriculum, the nurses need to complete community volunteer hours each fall. Berkshire Health Systems will be partnering with our Council on Aging at the Mary Spitzer Center on **October 8th from 11am to 1pm**. The nurses will be offering free blood pressure screenings and will be available to answer general wellness questions. We would like to thank Berkshire Health Systems for this opportunity to service our seniors.

Please contact the Center at 413-662-3125 to reserve your seat. This is a free event.

Free Blood Pressure Clinic

Thursday, October 22nd 11:30pm



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

We want to recognize this month

Jonna Blair

Bill Lefebvre

We celebrate our volunteers and their help with Spitzer Center Functions.

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!

October 15th - December 7th

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 2nd: Don't forget to Fall back! Turn your clocks back one hour before bedtime on Saturday night & enjoy your extra hour of sleep.



COUNCIL ON AGING DIRECTOR

Sandra Lamb

ADMINISTRATIVE ASSISTANT

Brenda Zappone

OUTREACH WORKER

Pat Lescarbeau

NUTRITION SITE &

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

Robin Martin

Heather Boulger

Jonna Blair

Gary Phillips

**COA BOARD MEETING
TUESDAY, OCTOBER 20TH AT 1PM**

THE ROARING TWENTIES NEWSREEL

SATURDAY, OCTOBER 17, 2026 AT 2 - 4PM

MARY SPITZER SENIOR CENTER

116 ASHLAND STREET, NORTH ADAMS, MA 01247

FREE AND OPEN TO THE PUBLIC

CALL THE SPITZER CENTER AT 413-662-3125 TO

RESERVE YOUR SEAT

SMALL PLANET DANCERS

IS COMPOSED OF 15 MEN AND WOMEN PERFORMERS. IT FEATURES VAUDEVILLE ENTERTAINMENT, FLAPPER DANCES AND SING-A-LONGS. ALSO HIGHLIGHTS THE IMPACT THE WOMENS SUFFRAGE MOVEMENT IT HAD ON PROHIBITION AND THE RISE OF ORGANIZED CRIME. JOIN US FOR AN AFTERNOON OF DANCE, MUSIC AND NEWS FROM THE 1920'S!

SPONSORED BY A GRANT FROM THE NORTHERN BERKSHIRE CULTURAL COUNCIL, A LOCAL AGENCY SUPPORTED BY THE MASSACHUSETTS CULTURAL COUNCIL.

FOR MORE INFORMATION CONTACT:

info@SmallPlanetDancers.org or 413-746-9067



**Berkshire
Public Health
ALLIANCE**

Mary Spitzer Senior Center



**TUESDAY
OCT. 13**

**116 Ashland St, North Adams
10 am- 12 pm**

Nurses will do their best to abide by the registration appointment schedule; unregistered clients will be accommodated as time and supplies allow.

Please wear short sleeves.

PLEASE PRE-REGISTER FOR YOUR FLU & COVID VACCINE

BY VISITING THIS WEBSITE:

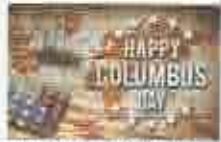
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You can also call the Spitzer Center at 413-662-3125 to register.

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

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
HOTLINE If you will not be home when your meal is delivered please call our Nutrition Hotline at 1-800-981-5201	See what's on the menu. Call the Spitzer Center Kitchen at 667-9826 to speak with Laurie or stop in to place your reservation before 12pm one day prior.		1. Chicken Fajita Rice w/Beans Corn Tortilla Shell Apricots	2. Sweet & Sour Meatballs Buttered Noodles Peas & Carrots Whole Wheat Bread Fruit Cocktail
5. Chicken Putanesca Sliced Potatoes Monaco Vegetables Italian Bread Fresh Orange	6. Beef & Cabbage Casserole Butternut Squash Broccoli Florets Oat Nut Bread Craisins	7. Mexican Mac & Cheese* Fiesta Corn Summer Blend WG White Bread Applesauce	8. Turkey w/ Gravy Mashed Potatoes Capri Blend Dinner Roll Mangoes	9. Tuna Salad Sandwich Minestrone Soup Sliced Carrots Hot Dog Roll Apple Crisp
12.  SPITZER CENTER CLOSED	13. Chicken Picatta Boiled Potatoes Spinach 12 Grain Bread Applesauce	14. Meatball Grinder Steamed Rice California Vegetables 6" Grinder Roll Tapioca Pudding**	15. Beef Burgundy Buttered Noodles Brussel Sprouts Dinner Roll Mixed Fruit	16. Cheese Lasagna Sonoma Blend Peas Italian Bread Diced Peaches
19. Hawaiian Chicken* Rice Pilaf Green Yellow Beans Dinner Roll Melon Cup	20. Sloppy Joes Tater Tots Asparagus Hamburger Bun SF Fruit Orange Jello	21. Roast Pork w/ Gravy Mash Sweet Potatoes Succotash Oat Nut Bread Spiced Apples	22. White Chicken Chili Warm Barley Scandinavian Veggies Corn Bread Tropical Fruit Mix	23. Chuckwagon Stew Buttered Noodles French Cut Gr. Beans Dinner Roll Applesauce
26. Lemon Dill Salmon Butternut Squash Soup Zucchini Whole Wheat Bread Diced Peaches	27. Beef Stew Butter Boil Potatoes Broccoli & Cauliflower Blend Mini Biscuits Fresh Pear	28. Cranberry Glaze Chicken Mashed Svt Potatoes Antiqua Vegetables Oat Nut Bread Applesauce	29 HALLOWEEN LUNCH GHOULASH  Harvard Beets Wax Beans WG White Bread Chocolate Pudding**	30. Asian Chicken Casserole Steamed Rice Baby Carrots Fortune Cookie (2) Pineapple Tidbits

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Kathy's Panera Trip - Tuesday, October 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 Trip - Beacon Theatre

Breakfast & a Movie Tuesday, October 20th

Interested, call the Center to reserve your seat at 413 662 3125



70TH ANNUAL
FALL FOLIAGE PARADE
SUNDAY, OCTOBER 4, 2026
1:00 PM 3:00 PM



Erica Beaudry
Medicare Consultant
Open Medicare Enrollment
Tuesday, October 20th @ 10am
Call Spitzer Center at 413 662 3125

ERICA IS AN INDEPENDENT MEDICARE INSURANCE ADVISOR, SHE WILL BE AVAILABLE ON TUESDAY, OCTOBER 20TH AT 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

Williamstown Commons
Dining & Rehabilitation Center

A Member of Berkshire Healthcare

Starting Wednesday,
October 7th at 11:30am



Every 1st Wednesday of each month, Williamstown Commons will be donating a cake to celebrate the birthdays of every person in that 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 OCTOBER BIRTHDAYS"

HALLOWEEN LUNCHEON

Mary Spitzer Center

Thursday, October 30th at 12pm
116 Ashland Street | North Adams, MA

Entree Menu
Appetizers
GHOULASH
Harvard Beets | Wax Beans
WG White Bread | Chocolate Pudding

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



CREAMSICLE ORANGE COOKIES

"Get spirtited this cooler season."

xoxoxo - Jan

Ingredients:

1. Vanilla Cake Mix 1 box your favorite brand.
2. Orange Jell-O: 1-3 ounce box. This will provide a lot of the orange flavor in these cookies.
3. Orange Zest: 2 tablespoons, or the Zest from 1 orange. This add the brightness these cookies.
4. Salted Butter: 1 stick. Let the butter come to room temperature before using.
5. Eggs: 2 large eggs. Let the eggs come to room temperature before using.
6. White Chocolate Chips: 1 1/2 to 2 cups (11 oz bag). This gives the vanilla component in the Creamsicle flavor of these cookies.

Instructions:

1. Preheat oven to 350°F. Line the baking sheet with parchment paper.
2. Combine the vanilla cake mix, and orange jello mix in a large bowl and whisk them together.
3. Add the softened butter and eggs. Mix well until a thick cookie dough forms.
4. Scoop a tablespoon of dough, roll into balls, place them on the baking sheet. Try to space them 2 inches apart from one another.
5. Bake for 10 to 14 minutes, or until the edges are set. Cool on the pan for a few minutes before moving them to a wire rack.



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2023 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

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Monday	Tuesday	Wednesday	Thursday	Friday
			1 10:00 <i>Northern Retirees Berkshire Club</i> 10:15 Meals on Wheels 11:30 Hot Lunch 1:00 Chair Balance	2 8:50 Exercise Video 10:00 Pitch 10:15 Meals on Wheels 11:00 W. Mass Food Truck 11:00 <i>Mountain Girl Farm</i> 11:30 Hot Lunch 12:30 Cornhole
5 8:50 Exercise Video 10:00 Cribbage 10:15 Meals on Wheels 11:30 Hot Lunch	6 9:00-3:00 <i>Panera's & Shopping</i> 9:00 <i>Spitzer Center Drop-In Coffee Hour</i> 9:30 Foot Nurse by Appt. 10:15 Meals on Wheels 11:30 Hot Lunch 1:30 Mahjong	7 9:00 <i>Beginner Tai Chi</i> 9:30 Tai Chi 10:15 Meals on Wheels 10:45 <i>Reiki by Appt</i> 11:30 Hot Lunch <i>Celebrate Monthly Birthdays-cake donated by Williamstown Commons</i> 1:00 Chair Yoga	8 10:15 Meals on Wheels 10:30 <i>Fallon Health</i> 11:00 <i>BHS Nurse Residency Program</i> 11:30 Hot Lunch 1:00 Chair Balance Class	9 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 Cornhole
12  SPITZER CENTER CLOSED	13 9:00 <i>Spitzer Center Drop-In Coffee Hour</i> 10:00 <i>Free Flu Clinic</i> 10:15 Meals on Wheels 11:30 Hot Lunch 1:30 Mahjong	14 9:00 <i>Beginner Tai Chi</i> 9:30 Tai Chi 10:15 Meals on Wheels 11:30 Hot Lunch 1:00 Chair Yoga	15 9:30 <i>Reflexology by Appt</i> 10:00 <i>Popcorn Day</i> 10:15 Meals on Wheels 11:30 Hot Lunch 1:00 Chair Balance Class	16 8:50 Exercise Video 10:00 <i>Massage</i> 10:00 Pitch 10:15 Meals on Wheels 11:00 W. Mass Food Truck 11:00 <i>Mountain Girl Farm</i> 11:30 Hot Lunch 12:30 Cornhole 12:30 <i>Stamford Seniors Mtg</i>
19 8:50 Exercise Video 10:00 Cribbage 10:15 Meals on Wheels 11:30 Hot Lunch 1:00 <i>Elder Services Caregiver Mtg</i>	20 9:00-3:00 <i>Kathy's Breakfast & a Movie Trip</i> 9:00 <i>Spitzer Center Drop-In Coffee Hour</i> 9:30 Foot Nurse by Appt. 10:00 <i>Erica Beaudry, Medicare Open Enrollment</i> 10:15 Meals on Wheels 11:30 Hot Lunch 1:00 <i>COA Board Mtg</i> 1:30 Mahjong	21 9:00 <i>Beginner Tai Chi</i> 9:30 Tai Chi 10:15 Meals on Wheels 10:45 <i>Reiki by Appt</i> 11:30 Hot Lunch 1:00 Chair Yoga	22 9:30 <i>Reflexology by Appt</i> 10:15 Meals on Wheels 11:30 Hot Lunch 11:30 <i>Free Blood Pressure Clinic</i> 1:00 Chair Balance Class	23 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 <i>Brown Bag Distribution</i> 12:30 Cornhole
26 8:50 Exercise Video 10:00 Cribbage 10:15 Meals on Wheels 11:30 Hot Lunch 1:00 <i>Elder Services Caregiver Mtg</i>	27 9:00 <i>Spitzer Center Drop-In Coffee Hour</i> 10:15 Meals on Wheels 11:30 Hot Lunch 1:30 Mahjong	28 9:00 <i>Beginner Tai Chi</i> 9:30 Tai Chi 10:15 Meals on Wheels 10:45 <i>Reiki by Appt</i> 11:30 Hot Lunch 1:00 Chair Yoga 1:00 <i>TRIAD Meeting</i>	29 9:30 <i>Emotional Eating</i> 10:15 Meals on Wheels 12:00 <i>Halloween Luncheon</i> 1:00 Chair Balance Class	30 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 Cornhole