



**MARY SPITZER CENTER**  
**116 ASHLAND STREET**  
**HOURS: 8:00 am - 4:00 pm**  
**North Adams Council on Aging**  
**413-662-3125**  
**spitzercentr@yahoo.com**

**“THE BULLETIN”**

***MARCH 2024***

## **HAPPY ST. PATRICK’S DAY**

Come and join us for the St. Patrick’s lunch on **Thursday March 14th at 11:30AM.**  
**Contact Jan at 413-664-9826.**

**No walk-ins.**

**Crème de Mint sundaes will be served with lunch.**

### **Who was St. Patrick**

Saint Patrick is the patron saint and national apostle of Ireland. He is credited with successfully spreading Christianity throughout Ireland—hence the Christian celebration of his life and name.

### **Why is the Shamrock Associated with St. Patrick’s Day**

People wear a shamrock on St. Patrick’s Day because legend say, St. Patrick used its **three leaves** to explain the Holy Trinity in his teachings. (The Trinity is the Father, the Son, and the Spirit as three divine persons who are one divine being (GOD). The truth of the St. Patrick’s legend, however is in question as there is no direct record that the saint actually used the shamrock as a teaching tool. Note: the symbol of St. Patrick is a **three-leaf shamrock, not a four-leaf clover.**

**Q: Why should you never iron a four-leaf clover?**

**A: You don’t want to press your luck!**

**March 4th—Marching Music Day**  
**March 10th—Daylight Saving Time Begins**  
**March 14th—Children’s Craft Day**  
**March 17th—St. Patrick’s Day**  
**March 19th—First Day of Spring**  
**March 23rd—Puppy Day**  
**March 24th—Palm Sunday**  
**March 29th—Good Friday**



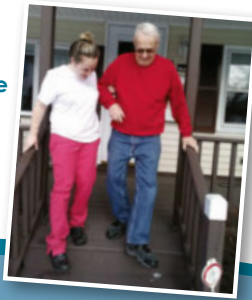
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**HEALTHY YOU**

**Part One**

**Stand Up Straight**

Stand so that your left side is adjacent to a full-length mirror. Turn your head slightly to see your reflection or ask a partner to assess you. Now, ask:

**Where are my Ears?**

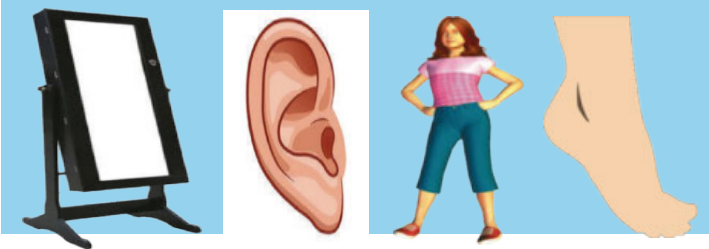
They should be directly over your shoulders, not out in front. To bring your ears back: Lift the crown of your head toward the ceiling. Keep your eyes forward, jaw parallel to the floor. Pull your shoulder blades back, as though trying to touch them together.

**Where are my Hips?**

Belly fat and too much sitting cause our hips to tilt forward. Tighten your stomach muscles; Push your hips forward so the points of your hip bones are directly below your shoulders.

**Where are my Ankles?**

When your head and belly are out in front and your hips are behind, your ankles will often wind up somewhere in the middle. Your ankle bones should be directly below your hip bones, for proper balance.



I was in the nail salon when a woman in her 40's walked in and smiled at me. I couldn't place her, but she did look familiar. I'm active socially—I thought maybe I knew her from one of the groups I've joined. It was eating at me, so I caught her eye and said, "I think I know you. Maybe from an organization we both belong to?" "Smiling she leaned over and whispered, "I'm the Mayor."

**HEALTHY YOU**

**Part Two**

**Holding your newly aligned posture, turn to face the mirror, Ask yourself:**

**Where are my Shoulders?**

If one is higher than the other, roll your shoulders forward and back to loosen them. If one or both shoulders are forward, you may have tight chest muscles, which can cause you to hunch forward. To loosen up, clasp your hands behind you, interlocking your fingers, palms together. Lift your hands up and backward as far as you can. Hold for 10 seconds, then return to the starting position.

**Where are my Feet?**

They should be shoulder-width apart and even with each other, toes facing forward. Often when our head and belly are out in front, we wind up walking (or waddling) with a wider stance. Shuffle your feet until they're even with each other and no farther apart than shoulder width. Take a moment to feel how you're balanced. Your weight should be distributed equally on both feet.

**Where are my Knees?**

Tightness in the back can pull the knees out of alignment. Try this easy stretch: Stand with your big toes touching and your heels slightly apart. Fold forward at the hips, curl your chin to your chest, and let your arms dangle toward the floor.



**Services provided by appointment**

**Tuesday March 12th Massage Therapy**

**Wednesday March 20th REIKI**

**Friday March 15th Reflexology**

**Call 413-662-3125**

The Stamford Seniors will be resuming their meetings in March. The first meeting will be held on Friday **March 15th** beginning at 12:30pm. The next TRIAD meeting will be held on Wednesday **April 24th** at 12:30pm.

**KEEP IT CLEAN CALENDAR**

**Every Day:**

- Make beds
- Pick up clothes and throw dirty ones in the laundry
- Clean the bathroom sink and shower after each use
- Straighten up newspapers, magazines and other papers
- Clean the kitchen. Load dishes into the dishwasher after each meal or wash and dry then by hand. Wipe the counters after each use
- Empty the garbage

**Every Week:**

- Dust furniture, shelves, radiators, woodwork, pictures and mirrors
- Vacuum rugs and floors
- Vacuum or brush upholstered furniture
- Empty the wastebaskets
- Wash bathroom basins, fixtures and floors
- Sweep or mop the kitchen floor
- Clean range or cooktop burners
- Wipe the refrigerator and the fronts of kitchen cabinets
- Do laundry

**Every Month:**

- Vacuum or brush curtains and draperies
- Clean under and around furniture and appliances
- Wipe woodwork, windowsills and walls where needed
- Dust or brush lampshades and blinds
- Polish floors and furniture, if needed
- Vacuum books and bookshelves
- Organize or store books, CD's, DVD's, photos and other loose items
- Vacuum upholstered furniture, cleaning under cushions and in crevices
- Clean the oven if needed

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On Tuesday April 2nd at 10am, Berkshire County Regional Housing Authority will be hosting a presentation on the following subjects: Foreclosure prevention, consumer services, dispute resolution services, tenancy preservation, housing counseling & search and more. Call 662-3125 to register for this event.



# MARCH 2024

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> 10:15 Meals on Wheels 11:00 –12:00 Western Mass Food Truck 11:30 Hot Lunch
<b>4</b> 10:00 Cribbage 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo 12:30 Bridge	<b>5</b> 10:00 <b>Food Bank of Western Mass Explore MyPlate</b> 10:15 Meals on Wheels 11:30 Hot Lunch	<b>6</b> 9:30 Tai Chi 10:15 Meals on Wheels 11:30 Hot Lunch 1:00 Chair Yoga	<b>7</b> 10:00 <b>Northern Berkshire Retirees Club</b> 10:15 Meals on Wheels 12:10 Bingo 1:00 Balance Class	<b>8</b> 10:15 Meals on Wheels 11:30 Hot Lunch
<b>11</b> 10:00 Cribbage 10:15 Meals on Wheels 11:30 Hot Lunch 12:30 Bridge 1:00 <b>Elder Services Caregiver Meeting</b>	<b>12</b> 9:30 <b>Massage Therapy by Appt.</b> 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo	<b>13</b> 9:30 Tai Chi 10:15 Meals on Wheels 11:30 Hot Lunch 1:00 Chair Yoga	<b>14</b> 10:00 <b>Fallon Health Navigator</b> 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo 1:00 Balance Class	<b>15</b> 10:15 Meals on Wheels 11:00 –12:00 Western Mass Food Truck 11:00 <b>Reflexology</b> 11:30 Hot Lunch 12:30 <b>Stamford Seniors</b>
<b>18</b> 9:00 <b>Panera Trip</b> 10:00 Cribbage 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo 12:30 Bridge	<b>19</b> 9:00 <b>Foot Nurse by Appointment</b> 10:15 Meals on Wheels 11:30 Hot Lunch	<b>20</b> 9:30 Tai Chi 10:15 Meals on Wheels 10:45 <b>Reiki by Appt.</b> 11:30 Hot Lunch 1:00 Chair Yoga	<b>21</b> <b>Popcorn Day</b> 10:00 <b>N.A. &amp; Wmst. Commons Bld Pressure</b> 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo 1:00 Balance Class	<b>22</b> 10:15 Meals on Wheels 11:30 Hot Lunch 12:30 <b>Brown Bag</b>
<b>25</b> 10:00 Cribbage 10:15 Meals on Wheels 11:30 Hot Lunch 12:30 Bridge 1:00 <b>Elder Services Caregiver Meeting</b>	<b>26</b> 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo	<b>27</b> 9:30 Tai Chi 10:15 Meals on Wheels 11:30 Hot Lunch 1:00 Chair Yoga	<b>28</b> 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 <b>N.A. &amp; Wmst. Commons Bingo</b> 1:00 Balance Class	<b>29</b> 10:15 Meals on Wheels 11:30 Hot Lunch

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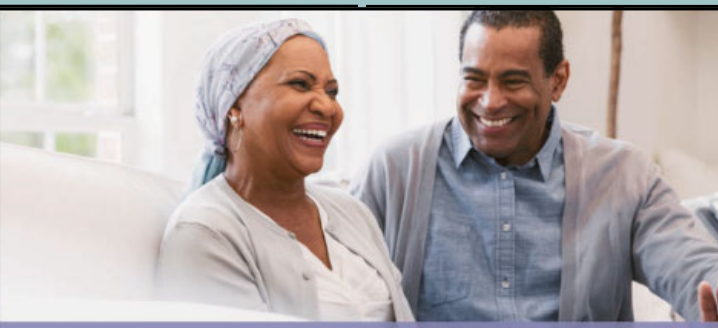
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**3/1** Butternut Mac & Cheese, stewed tomatoes, green beans, whole wheat bread, raisins

**3/4** Salisbury Steak, mashed potatoes, lyonnaise carrots, 12 grain bread, mandarin oranges

**3/5** Pork w/Pineapple sauce, au gratin potatoes, cauliflower w/red peppers, choc chip cookie

**3/6** Veal w/Peppers & Onion, risotto parmesan, beet, whole wheat bread, pineapple tidbits

**3/7** Chicken Divan, rice pilaf, green beans, oat nut bread, pears

**3/8** Lentil Stew, red cabbage & apples, coconut rice, 12 grain bread, sliced peaches

**3/11** Oriental Pork Casserole, white rice, brussel sprouts, oat nut bread, spiced apples

**3/12** Chicken Caccitore, buttered noodles, carrots, 12 grain bread, tropical fruit mix

**3/13** Calico Beans & Sausage, steamed brown rice, yellow squash, wheat bread, apricots

### **St. Patty' Day Lunch**

**3/14** Sliced Corned Beef, O'Brien potatoes, steamed cabbage, bread, green gelatin w/pears

**3/15** Lemon Dill Salmon, Israeli couscous, asparagus, dinner roll, applesauce

**3/18** Beef Chili, brown rice, mixed greens, mini cornbread, raisins

**3/19** Orange Tarragon Chix, mashed potatoes, mixed vegetables, oat nut bread, sliced peaches

**3/20** Yankee Pot Roast, mashed sweet potato, Italian beans, biscuit, banana

**3/21** Hungarian Skillet, scalloped potatoes, spring blend veg, 12 grain bread, fresh apple

**3/22** Egg Salad, tomato rice soup, peas & carrot, hot dog roll, warm fruit compote

**3/25** Chicken Piccatta, buttered noodles, Sonoma blend veg, wheat bread, diced mangoes

**3/26** Chix Meatballs, pasta w/tomato sauce, broccoli, Italian bread, mixed fruit

**3/27** Beef Stew, mashed potatoes, Scandinavian vegetables, 12 grain bread, orange

### **Spring Dinner**

**3/28** Ham w/raisin sauce, mashed sweet potatoes, peas & onions, roll, choc pudding cup

### **Good Friday**

**3/29** Herb Baked Fish, confetti rice, green & wax beans, oat nut bread, strawberry cup.

## **IRISH BEEF STEW**

### **Ingredients:**

3 tbsp extra-virgin olive oil, divided  
 2 lb. beef chuck stew meat, cubed into 1" pieces  
 Kosher salt  
 Freshly ground black pepper  
 1 yellow onion, chopped  
 2 medium carrots, peeled and cut into rounds  
 2 stalks celery, chopped  
 3 cloves garlic, minced  
 3 medium russet potatoes, peeled and cut into large chunks  
 4 cups low-sodium beef broth  
 1 (10oz) Guinness  
 2 tsp fresh thyme  
 Freshly chopped parsley, for serving

### **Directions:**

1. In a large Dutch oven over medium heat, heat 2 tablespoons oil. Season beef with salt and pepper, then add to pot and cook on all sides until seared, 10 minutes, working in batches if necessary. Transfer beef to a plate.
2. In same pot, add remaining 1 tablespoon oil and cook onion, carrots, and celery until soft, 5 minutes. Season with salt and pepper. Add garlic and cook until fragrant, about 1 minute
3. Add beef back to Dutch oven then add potatoes, broth, beer and thyme then scrape the bottom of the pot to release the fond (browned bits at the bottom). Bring to a boil, then immediately reduce heat to a simmer. Season with salt and pepper. Cover and let simmer until beef and potatoes are tender, 30 minutes.
4. Garnish with parsley before serving.

