



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

**DECEMBER 2023**

***AT THIS VERY JOYOUS AND BLESSED TIME OF THE YEAR WE  
WOULD LIKE TO WISH YOU AND YOUR FAMILY A VERY  
MERRY CHRISTMAS***

This year our Christmas Luncheon will be held on **Thursday, December 14th** beginning at **12PM**. Needless to say, there will be lots of singing, karaoke, laughs, dancing and a prize for the “Ugly Christmas Sweater” contest. Free door prizes

**Reservations are required. Call Norman at 664-9826.**

**NO WALK-INS      NO BINGO**

**EXTENDING OUR WISH FOR A VERY HEALTHY AND  
HAPPY NEW YEAR!!!!!!!!!!**

So during, and at the end-of the year, we would like to express our deepest gratitude and thanks for all the wonderful people who attend our daily functions. Your participation in our events and luncheons leads to the **success** of our Senior Center. Also, I'd be remiss if I did not mention and give thanks to the vendors for the contributions of their time, talent and goodies. We are so very grateful for **ALL OF YOU**. So we hope you continue to participate in our events and meals program in the new year. It goes without saying, that we will always do our best to assist you in your needs. **Peace and joy to one and all.**

**“Also extending our best wishes for the observation of the Hanukkah Festival of Lights celebration which begins at sunset on December 7th and ends at nightfall on December 15th.”**



**Mailing of this newsletter is made possible by a grant from the MA Executive Office of Elder Affairs.**



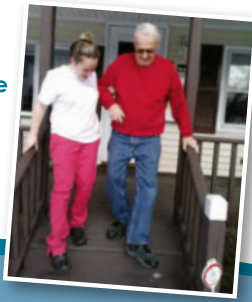
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A decorative border of red poinsettias with green leaves surrounds the text.

**SPITZER CENTER HAPPENINGS**

**Friday December 1st & 8th** - Conclusion of Wellness Classes 10AM-11:30AM

**Tuesday December 5th** – Christmas Terrarium Craft Class 10AM **Registration is required.** Decorations will be supplied. Call with any questions.

**Thursday December 7th** - Fallon Health Bingo 12:10 PM

**Monday December 11th** - Brown Bag 12:30 PM (please note change of day due to the Holidays)

**Tuesday December 12th** - Massage Therapy by appointment. \$20 for 15 minute chair massage or \$40 for 30 minute table massage. Call 413-662-3125

**Wednesday December 13th** - Lunch & Learn at 11:30AM sponsored by Berkshire Regional Planning Commission who will be presenting a program on Mass Save. Attendees will learn about Mass Save income-eligible incentives to keep your home warm and save on energy bills. **Must register by calling the center before December 3rd. Limited numbers.**

**Wednesday December 13th - “NO CONGREGATE MEAL”**

**WEDNESDAY December 13th** - Christmas Gingerbread Cookie Decorating with Mountain Girl Farm. 1:30PM

**Thursday December 14th - Christmas Luncheon** 12:00 PM. RSVP to Norman 413-664-9826

**Friday December 15th** - Reflexology by appointment beginning at 11AM

**Wednesday December 20th** - REIKI Appointments required

**Thursday December 21st** -Free Blood pressure clinic offered by North Adams and Williamstown Commons. Just walk in. 10AM-11AM

**Monday December 25th - CLOSED MERRY CHRISTMAS**

**Monday January 1st - Closed Happy 2024 New Year**



# December 2023

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> 10:00 <b>Wellness Study Group</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>X-Mas Terrarium Craft Class</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 <b>Fallon Bingo</b> 1:00 Balance Class	<b>8</b> 10:00 <b>Wellness Study Group</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 12:30 <b>Brown Bag</b>	<b>12</b> 9:30 <b>Massage Therapy</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 <b>Lunch &amp; Learn</b> 1:00 Chair Yoga 1:30 <b>X-Mas Cookie Decorating</b>	<b>14</b> 10:00 <b>Fallon Health Navigator</b> 10:15 Meals on Wheels 12:00 <b>X-Mas Luncheon</b> 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 By Appt.</b> 11:30 Hot Lunch
<b>18</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 Blood Press.</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
<b>25</b> <b>Spitzer Center Closed For Christmas Day Holiday</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 Bingo 1:00 Balance Class	<b>29</b> 10:15 Meals on Wheels 11:30 Hot Lunch

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THE HEALTH CORNER

TO STAVE OFF HUNGER, EAT MORE PORTEIN

If you're feeling hungry even though you just ate, a lack of protein might be the reason. This source of energy should make up 15% to 25% of the calories we take in, but popular processed foods and convenience fare don't tend to contain much. It's especially important to make protein part of your breakfast. In a recent study from the University of Sydney in Australia, participants who got less than the recommended proportion of their energy from protein in their morning meal went on to eat more food throughout the day.

A BLOOD TEST FOR ALZHEIMER'S

When someone has cognitive issues, a doctor might order a PET scan or spinal tap to look for a buildup of a protein called beta-amyloid in the brain, which is one sign of Alzheimer's disease. However, a recent international study published in Neurology confirms that a newer method, measuring the amount of beta-amyloid in the blood, is almost as accurate. It's also faster, less expensive and radiation-free. This test is now available in the U.S. and Europe, but it isn't yet covered by most health plans. That might change, so ask your doctor about it if you or a loved one are discussing options.

REVERSING SLEEP APNEA

Roughly 1 billion of the world's adults live with obstructive sleep apnea. This common disorder contributed to problems ranging from daytime fatigue and irritability to hear disease. The go-to treatment, a continuous positive airway pressure (CPAP) machine, controls sleep apnea by delivering pressurized air through a mask while the person sleeps. However, the machine doesn't address the underlying causes, which are often lifestyle related. Researchers in Spain recruited sleep apnea patients and helped half of them adopt healthier habits: to eat and sleep better, exercise more, and smoke and drink less. Six months later, that group's sleep apnea improved more, on average, compared to the people who made no life-style changes. More than 60% of patients no longer needed a CPAP machine.

**Friends of the North Adams Council on Aging**

If you would like to become a member or keep your membership current, the dues are \$10.00 a year (or more if you're able). Thank you for your continued support.

**Please mail to:**  
**Friends of the N. Adams Council on Aging**  
**116 Ashland Street**  
**North Adams, MA 01247**

**Name** \_\_\_\_\_  
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Berkshire Community Action may be able to help!

### 2024 Income guidelines to qualify for Fuel Assistance

Family Size	Income
1	\$45,392
2	\$59,359
3	\$73,326

To learn more about what BCAC  
can do for you, contact us:

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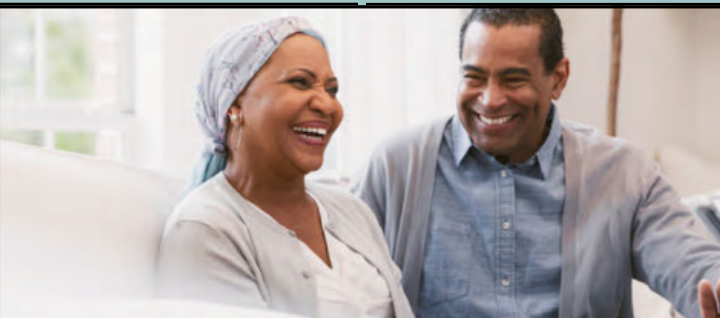
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**12/1** Oriental Pork Casserole, brown rice, asparagus cuts, Italian bread, applesauce

**12/4** Beef Burgundy, buttered noodles, broccoli florets, 12 grain bread, apricots

**12/5** Chicken Breast & Gravy, boiled red potatoes, steamed cabbage, bread, fruit cocktail

**12/6** Beef Chili, steamed rice, mixed greens, corn bread, peaches

**12/7** Salisbury Steak, garlic mashed potatoes, sliced carrots, bread, tropical fruit mix

**12/8** Greek Chicken Casserole, boiled gold potatoes, Harvard beets, bread, clementines

**12/11** Chicken Cacciatore, brown rice, Tuscan vegetables, bread, sliced pears

**12/12** Shepherd's Pie, mashed potatoes, peas & carrots, oat nut bread, applesauce

**12/13 NO CONGREGATE MEALS**

**12/14** Roast Beef w/gravy, mashed potatoes, mixed root vegetables, roll, iced choco cake

**12/15** Ravioli w/meat sauce, sliced carrots, brussel sprouts, bread, sliced peaches

**12/18** Lemon Pepper Salmon, scalloped potatoes, mixed vegetables, bread, tropical fruit

**12/19** Beef Stew, boiled gold potatoes, California blend vegetables, biscuit, diced pears

**12/20** Butternut Mac & Cheese, mulligatawny soup, green beans, bread, fruited gelatin

**12/21** Roast Pork w/gravy, mashed sweet potato, mixed greens, bread, fresh apple

**12/22** BBQ Chicken Breast, mashed potatoes, lyonnaise carrots, bread, sliced peaches

**12/25 CLOSED—CHRISTMAS**

**12/26** Beef Spanish Rice, split pea soup, cauliflower, tortilla shell, tropical fruit mix

**12/27** Turkey w/Cranberry, orange glaze, red potatoes, asparagus cuts, bread, applesauce

**12/28** Broccoli & Cheese Stuffed Chicken, herb-butter noodles, capri vegetables, orange

**12/29** French Toast, hard cooked egg, sausage patty, warm strawberries, dried cranberries

### Million Dollar Chicken Casserole

#### Ingredients:

- 4 1/2 cups chopped cooked chicken
- 4oz cream cheese, room temperature
- 1 cup cottage cheese
- 1/2 cup sour cream
- 1 (10.5oz) can unsalted cream of chicken soup
- 1/4 tsp garlic powder
- 1/4 tsp dried onion powder
- 1 sleeve Ritz crackers, crushed
- 5 tbsp butter, melted

#### Instructions:

1. Preheat oven to 350F. Lightly spray a 9x9 inch baking dish with cooking spray and set aside.
2. Combine chicken, cream cheese, cottage cheese, sour cream, garlic powder, onion powder, and cream of chicken soup. Spread into prepared pan.
3. Combine crushed crackers and butter, sprinkle over chicken mixture.
4. Bake uncovered 30 to 40 minutes.

#### Notes:

- ♦ Use a rotisserie chicken for quick prep of the cooked chicken.
- ♦ You want the cream cheese to be very soft so it gets fully incorporated into the casserole. Microwave the cream cheese for 15 to 20 seconds if you are short on time.
- ♦ Can prepare through step 3 and refrigerate or freeze for later.
- ♦ To bake after freezing, thaw

