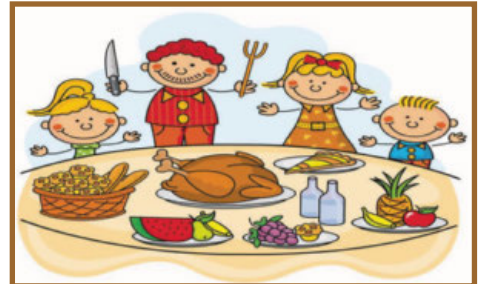
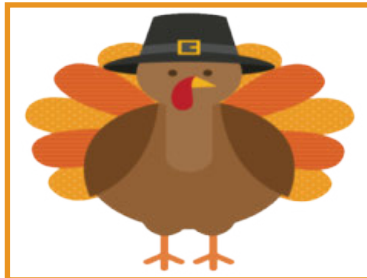




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North Adams Council on Aging
413-662-3125
spitzercentr@yahoo.com

“THE BULLETIN”

NOVEMBER 2023



Our staff would like to extend a very Happy Thanksgiving to everyone and all their families. We will be celebrating our Thanksgiving luncheon on **Thursday, November 16th at 11:30am**. We'll be serving some delicious Thanksgiving treats. We're hoping you will be able to join us. Reservations are required Contact Norman at 413-664-9826. **NO WALK-INS**



Do you have a veteran in Southview Cemetery that you would like to honor with a wreath? Wreaths are \$27 each and can be sponsored by going to the Facebook page "Wreaths Across America-North Adams Cemeteries."

If you need help or want a paper sponsorship form please call Debbie Forgea at 413-663-1031 National Wreaths Across American Day this year is December 16, 2023.



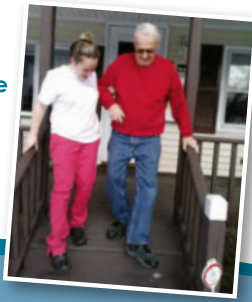
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HAPPENINGS IN NOVEMBER

Thursday November 2nd - Northern Berkshire Retirees Club 10am

Thursday November 2nd –Fallon Health Bingo 12:10pm

Friday's November 3rd, 17th ,Thursday November 30th - Friday December 1st, 8th Lisa Bassi will be teaching classes on Yoga, Herbal Medicine and REIKI. 10am-11:30am (see article)

Monday November 6th –Pizza Lunch & ice cream 11:30am. \$4 11:30am

Tuesday November 7th - **SHINE Appointments**. This is an opportunity for you to review your current insurance plans or make changes during this Open Enrollment. Reservations are required for this 30-minute session. The appointments will be held from **9:00am—3:30PM**. If interested, call the center @ 413-662-3125

Tuesday November 7th –Free van rides to the election polls

Thursday November 9th – Coffee & Holiday Treats with Mountain Girl Farm 10am

Thursday November 9th – Fallon Health Navigator 10am-12pm

FRIDAY NOVEMBER 10TH - CLOSED in honor of Veteran's Day

Tuesday November 14th –Reflexology by appointment. Call 413-662-3125 11am

Wednesday November 15th-REIKI 10:45am by appointment

Thursday November 16th - North Adams & Williamstown Commons blood pressure clinic. Free. No appointment required. 10am - 11am

Friday November 17th -Stamford Seniors Meeting 12:30pm. All are welcome.

Tuesday November 21st –Book Club 10am

Tuesday November 21st –Foot Nurse by appointment

THURSDAY NOVEMBER 23RD - CLOSED "THANKSGIVING DAY"

FRIDAY NOVEMBER 24TH - CLOSED

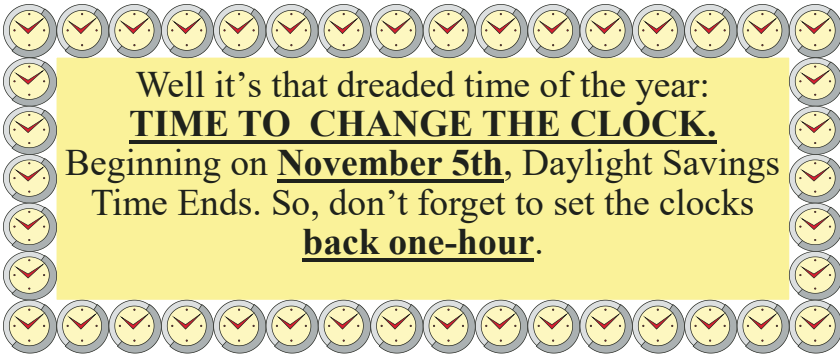
Tuesday November 28th - **Massage Therapy by appointment**. Call 413-662-3125

Tuesday November 28th –Make your own Christmas Craft 10am

Tuesday November 28th - North Adams & Williamstown Commons Bingo 12:10

Wednesday November 29th - TRIAD 12:30pm

Brown Bag—Date to be determined. Call for further information.



Well it's that dreaded time of the year:
TIME TO CHANGE THE CLOCK.

Beginning on **November 5th**, Daylight Savings Time Ends. So, don't forget to set the clocks **back one-hour.**

EXCITING ANNOUNCEMENT

- We are now offering the opportunity to purchase Gift Certificates for van rides. Avoid carrying cash. These certificates would make great gifts for Christmas or any occasion. You make the decision on the denomination. Then just show the certificate to the van driver and they will deduct the amount for your ride.
- Feel free to call the center with any questions.

PIZZA DAY

Come and celebrate our Pizza Day on **Monday November 6th** beginning at 11:30am. Just stop into the Spitzer Center to purchase your \$4.00 pre-paid ticket no later than November 2nd. **NO WALK-INS**



ELECTION DAY

Please note, that on election day November 7th, the Spitzer Center will be providing **free van** rides to the polls. To schedule your ride, call the center at 413-662-3125.

COUNCIL ON AGING DIRECTOR

Sandra Lamb

ADMINISTRATIVE ASSISTANT

Brenda Zappone

OUTREACH WORKER

Pat Lescarbeau

**NUTRITION SITE AND MEALS-
ON -WHEELS CO-ORDINATOR**

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VAN DRIVER

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Keith Meyers

COUNCIL ON AGING

BOARD MEMBERS

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Julie Hanify

Stephen Smachetti

Beth Wiggers

Rev Mary Frances Curns

Heather Boulger

Jonna Blair

Patricia Flaherty

And more good news!!!!!!!

Fallon Health Bingo will be returning to the center on Thursday November 2nd, beginning at 12:10pm. Prizes will be awarded.



NOVEMBER 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		9:30 Tai Chi 10:15 Meals on Wheels 11:30 Hot Lunch 1:00 Chair Yoga	10:00 Northern Berkshire Retirees Club 10:15 Meals on Wheels 12:10 Fallon Bingo 1:00 Balance Class	10:00 Wellness Study Group 10:15 Meals on Wheels 11:00 –12:00 Western Mass Food Truck 11:30 Hot Lunch
6	7	8	9	10
10:00 Cribbage 10:15 Meals on Wheels 11:30 Pizza Lunch 12:10 Bingo 12:30 Bridge	9:00 Elder Services Shine by Appts. 10:15 Meals on Wheels 11:30 Hot Lunch	9:30 Tai Chi 10:15 Meals on Wheels 11:30 Hot Lunch 1:00 Chair Yoga	10:00 Fallon Health Navigator 10:00 Coffee & Treats Mt. Girl Farm 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo 1:00 Balance Class	10:15 Meals on Wheels 11:30 Hot Lunch
13	14	15	16	17
10:00 Cribbage 10:15 Meals on Wheels 11:30 Hot Lunch 12:30 Bridge	10:15 Meals on Wheels 11:00 Reflexology 11:30 Hot Lunch 12:10 Bingo 2:30 NACOA Board Meeting	9:30 Tai Chi 10:15 Meals on Wheels 10:45 Reiki 11:30 Hot Lunch 1:00 Chair Yoga	POPCORN DAY 10:00 N.A. & Wmst. Commons Blood Press. 10:15 Meals on Wheels 11:30 Thanksgiving Luncheon 12:10 Bingo 1:00 Balance Class	10:00 Wellness Study Group 10:15 Meals on Wheels 11:00 –12:00 Western Mass Food Truck 11:30 Hot Lunch 12:30 Stamford Seniors
20	21	22	23	24
10:00 Cribbage 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo 12:30 Bridge	9:00 Foot Nurse by Appts. 10:00 Book Club 10:15 Meals on Wheels 11:30 Hot Lunch	9:30 Tai Chi 10:15 Meals on Wheels 11:30 Hot Lunch 1:00 Chair Yoga	<i>Spitzer Center Closed For Thanksgiving Day Holiday</i>	<i>Spitzer Center Closed For Thanksgiving Holiday</i>
27	28	29	30	
10:00 Cribbage 10:15 Meals on Wheels 11:30 Hot Lunch 12:30 Bridge	9:30 Massage Therapy 10:00 X-Mas Craft Day 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 N.A & Wmst. Commons Bingo	9:30 Tai Chi 10:15 Meals on Wheels 11:30 Hot Lunch 12:30 Triad Meeting 1:00 Chair Yoga	10:00 Wellness Study Group 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo 1:00 Balance Class	

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On Friday's November 3rd, 17th, 30th & December 1st, 8th, Lisa Bassi (Certified Hatha Yoga, LV Chair Yoga, Curvy Yoga: Certificate: Basic, Intermediate and Clinical Herbalism, Reiki Master Usui Reiki) will lead a five-week series on ways to enhance wellness. The sessions will focus on **YOGA, HERBAL MEDICINE & REIKI. Enhance your winter wellness!!!!!!**

YOGA 2 weeks: Build a personal yoga practice focusing on relaxation, flexibility and strength. You will practice together and discuss refinements for personal needs and preferences. Each student will leave with a written gentle practice they can do at home. (Attendees should be comfortable sitting and standing.)

HERBAL MEDICINE 2 weeks: Discussions will address supporting your body through the cold winter and make some herbal medicines. The goal is to build an understanding of how to support your immune system and to have some things on the shelf that will help with colds/flu treatment. (During the class we will be processing herbs and cutting and preparing roots and vegetables.)

REIKI 1 week: Reiki for wellness. Students will receive an introduction to Reiki and experience giving and receiving this work. Reiki week will also include guided meditations and breath work designed to relax and balance the body and calm the emotions.

Registration is recommended. Call 413-662-3125. Class size will accommodate 4 to 15 students. Please be mindful of each other's health. Masks are optional. Classes begin at 10am-11:30am



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.

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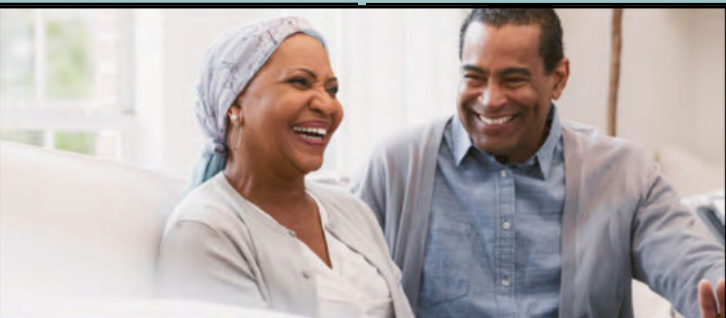
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11/1 Beef Stew, boiled red potatoes, 5 way blend, whole wheat bread, raisins

11/2 White Chicken Chili, steamed brown rice, Monaco vegetables, corn bread, apple

11/3 Swedish Meatballs, buttered noodles, steamed red cabbage, bread, sliced peaches

11/6 Pizza Lunch at center

MOW Salmon Newberg sauce, O'Brien potatoes, Antiqua vegetables, bread, apricots

11/7 Chicken on a Biscuit, asparagus cuts, warm fruit compote

11/8 Italian Meatballs & Ziti, Italian green beans, 12 grain bread, fruit cocktail

11/9 Chicken Picatta, autumn harvest soup, boiled red potatoes, bread, fresh pear

11/10—CLOSED—Veteran's Day

11/13 Italian Sausage in Red Sauce, buttered noodles, peas & carrots, roll, applesauce

11/14 Chicken Almondine, boiled gold potatoes, winter vegetables, bread, mixed fruit

11/15 Sweet & Sour Pork, steamed rice, wax beans, oat bread, pineapple tidbits

11/16 Sliced Turkey & Gravy, mashed potatoes, carrot, parsnips & butternut, snowflake roll, pumpkin pie

11/17 Beef Stroganoff, buttered noodles, green beans, 12 grain bread, banana

11/20 Orange Chicken, boiled red potatoes, capri blend vegetables, bread, sliced pears

11/21 Butternut Mac & Cheese, stewed tomatoes, 5 way veggie blend, bread, orange

11/22 Beef with Peppers & Onions, sliced potatoes, peas, whole wheat bread, apricots

11/23 **CLOSED-Happy Thanksgiving**

11/24 **CENTER CLOSED**

11/24 MOW Fish Sandwich w/tomato slice, cole slaw, brussel sprouts, bun, peach crisp

11/27 Beef Cabbage Casserole, butternut soup, wax beans, wheat bread, vanilla yogurt

11/28 Moroccan Beef Stew, Israeli Couscous, lyonaise carrots, bread, apple

11/29 Chicken Marsala, mashed sweet potatoes, Italian green beans, bread, diced pears

11/30 Veal Parmesan, penne w/marinara, peas & pearl onions, bread, oranges

THANKSGIVING DINNER FOR SENIORS

All Saints Berkshires Episcopal Church is sponsoring a Thanksgiving Dinner for **Seniors 60 years of age** and older who are alone on Thanksgiving and have no way of having a traditional Thanksgiving meal.

The meals will be delivered on Thanksgiving Day by volunteers between 11:00AM-12:00PM and are FREE.

Reservations can be made from **November 6th—November 17th** by calling All Saints Berkshires Episcopal Church at **413-664-9656** Monday thru Thursday from 8:00am to 1:00pm. If no answer: Leave your name, address, town and phone number and someone will return your call to reserve your reservation.



CHRISTMAS CRAFTS

On Tuesday November 28th beginning at 10AM, come and enjoy yourself making your own Christmas craft. We have a variety of supplies that are available, but if you would like to bring your own ornaments feel free to do so. And just maybe Santa will bring a few Christmas cookies. Please call to register. 413-662-3125

Now that winter is approaching, keep in mind that if schools close our vans will also be cancelled.