

COA

**COUNCIL ON AGING
NORTH ADAMS, MA 01247**

MARY SPITZER DROP-IN CENTER
[ASHLAND STREET]
HOURS: 8:30 am - 3:30 pm
North Adams Council on Aging
Editor Peg Christiansen

413-662-3125

Spitzer Center

Gazette



SEPTEMBER 2012

HAPPY GRANDPARENTS' DAY!

We're celebrating this fun day on Sunday, September 9th this year. It's time to honor all you grandparents for your love and support, and for being important in the lives of your grandchildren and great-grandchildren.

This holiday is celebrated in many countries on the first Sunday after Labor Day. Here in the United States, it was first proposed in 1970 by a West Virginia woman who was the mother of 15 children!

September is National Senior Center Month, a good time to stop down and become acquainted with our center.

The Spitzer Center will be closed on Labor Day, Monday, September 3rd.

September 22nd is the first day of FALL!!

COUNCIL ON AGING BOARD MEMBERS

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SPAGHETTI SUPPER



North Adams Commons invites us to a
homemade Spaghetti Supper on
Tuesday, September 11th from 4:30 to 6:30.

There will be entertainment and prizes,
along with a delicious dinner.
We always have a great time at this event!

To sign up, call the Center at 662-3125.

DATE CORRECTION:



We listed the wrong date last month (sorry!). The correct date for our play "Love Letters" is Wednesday, September 5th at 1 p.m. All other information is on our Activities Page this month.

NEWS FROM THE FRIENDS

The lucky winner of the 50/50 raffle from July 31st was Sheila Joy who won \$73.00. Congratulations to her!

You can buy tickets at our office any weekday from 8:30 to 3:30. Cost is \$1.00 per ticket, 3 for \$2.00 or 10 for \$5.00. You may be lucky, and you certainly will be helping support the Friends and our Center.

“If you haven’t grown up by age 50, you don’t have to.”
Anonymous

NEW MEMBERS AND DONATIONS

Welcome to our new members, and many thank-you’s to our generous community! Here are some more people who responded to our appeal letter:

Gisele DelNegro	Elizabeth Senay
Alfred Caproni	Mary Ann Caproni
William Howard	Denise Howard
Sylvia Gentile	Joan Durocher
Donald Doucette	Fritz Doerring
Rosalie Noyes	David Beighley
Roma Nichols	Mary Angeli
Theresa Briggs	Denise Lemieux
Richard Senecal	Elaine Senecal
Donna Lavigne	Catherine Giguere
Mary Dassatti	Raymond Hotte
Barbara Sprague	Stuart Sprague
Dennis Gilbert	Betty Gilbert
Leo Andreatta	Florence Andreatta
Deborah Brown	Lorraine Guerino
Shirley Finkelstein	Manny Finkelstein
Marie Davis	Lorraine Maloney
Mary LeBeau	Madeline O’Neil
Rose Gaspardi	Linda Armstrong
Rita Wandrei	Elizabeth Pappas
Kay Clark	Gail Nelson
Lois Nelson	Alice Joseph
Bob Andreatta	Nancy Andreatta
Theresa Racette	John Racette
Elsie Manson	Lorraine Lee
David Armitage	Sharyn Armitage
Carolyn Whitney	Astrid Hiemer
Della Gallagher	Alma Millard
Dorothy Mondia	Lois Betti
Virginia Cariddi	Alice Samia
Florence Jones	Phyllis Blair
Hazel Hancock	Peggy Christiansen
Theresa Jammallo	Marie Harpin
Julia Wolfrum	Patricia Licht
Roseann Shakar	Bernard Lewitt
Jane Battersby	Theresa Macksey
Paul Dellea	Cathy Dellea

More to come next month!



Soothing (Last of Summer) Sorbets

4 to 4 ½ cups diced fresh fruit

*½ to ¾ cup frozen fruit juice concentrate, with
any flavor to your taste*

Extra fruit and mint leaves for garnish (optional)

1. Combine the fruit and juice concentrate in a food processor and process until smooth. Transfer to a shallow freezer pan and freeze for several hours until firm (but not a block of ice).
2. About an hour before serving, scoop out and transfer back to the food processor. Puree until smooth; then transfer back to the pan. Freeze until the desired consistency to serve (about the same as sherbet). Tip: A chilled metal container works best.
3. Serve in small rounded scoops in dessert bowls, garnished with a bit of the fresh fruit used and maybe a mint leaf or two.

Possible combinations include:

Honeydew/lime
Peach/mango/pineapple
Cantaloupe/orange
Strawberry/blueberry

Or use a concentrate to match your fruit. If you don’t have a food processor, try an electric mixer and use these same directions.

From Meatout Mondays on line

A NOTE FROM SANDY.....

Stop and look at the back page of our bulletin. We have many new sponsors. Take a minute to read their ads because they make it possible for us to have our monthly newsletter.

MY SENIOR CENTER, MY LIFE, MY TIME, MY WAY

- **Tuesday, September 4th and 11th:** Foot Clinic from 9 to 3 by appointment only. \$30.
- **Wednesday, September 5th:** "Love Letters", a play from Broadway, at 1 p.m. Dessert Bar after the performance. Call to sign up: 662-3125.
- **Monday, September 10th:** Trip to Panera. Call to reserve a seat on the van.
- **Tuesday, September 11th:** Prayer and Remembrance Day.
- **Wednesday, September 12th:** Coffee and muffins from 9:30 to 11:00, sponsored by our friends at North Adams Commons.
- **Thursday, September 13th:** NBHS Stroke Support Group from 12 to 2.
- **Friday, September 14th:** Movie Afternoon at 1:00. "Big Miracle", starring John Krasinski and Drew Barrymore. Inspired by a true story, this movie tells the tale of a group of volunteers who join together to save a family of gray whales. Popcorn and soda served.
- **Thursday, September 20th:** (change of date) Blood Pressure Clinic, 9 to 11. No appointment needed.
- **Friday, September 21st:** Lunch with Kevin, with shopping at Price Rite and then lunch at Country Buffet.
- **Wednesday, September 26th:** Triad meeting at noon at the American Legion.
- **Thursday, September 27th:** Caregivers' Support Group, 2:00 to 3:30.
- **Friday, September 28th:** Brown Bag pick-up from 12:30 to 1:30.

....then there are the

WEEKLY ACTIVITIES:

Mondays:

from 12:30 to 4:00 – **Bridge**

Tuesdays and Thursdays:

10:45 – **Video Exercise**

1:30 to 2:30 – **Aerobics** (\$4.00 charge)

12:10 to 2 – **Bingo**

Wednesdays: 1 to 2 – **Osteo Exercise**

9:30 to 10:30 – **Tai Chi**

(at All Saints Hall)

SPECIAL BINGO Thursday, Sept. 20th

Sponsored by The Craneville Place in Dalton, 12:15 to 1:15. Bingo with gift card gifts, special dessert and lots of fun! Sign up.

"Being a good person does not depend on your religion, status in life, race, skin colour, political views or culture. It depends on how you treat others."

From Words of Wisdom on Facebook

MORE EXCERPTS FROM RON PADGETT'S "HOW TO BE "PERFECT"

Do not smart off to a policeman.

Don't stay angry about anything for more than a week, but don't forget what made you angry. Hold your anger out, at arm's length and look at it as if it were a glass ball. Then add it to your glass ball collection.

Friends of the North Adams Council on Aging

If you would like to become a member or keep your membership current, the tax-deductible dues are \$5.00 a year. Thank you for your continued support.

You will receive a membership card.

Please mail to:

**North Adams Council on Aging
116 Ashland Street
North Adams, MA 01247**

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