

# 40 FIELD ST NEWS

Dalton Council on Aging & Senior Center  
40 Field Street Ext. Dalton, MA  
413-684-2000  
February, 2023  
Edition 4, Volume 2



## Matter of Balance

In partnership with the Dalton First Congregational Church we will again be offering Matter of Balance from March 6 – May 1. This nine week class will meet from 9:30 to 11:30 each Monday. Class is limited to 12 registrants; if you are unable to commit to attendance please leave the class open for those who can.

The program includes eight two-hour classes presented to a small group of 8-12 participants led by trained coaches. The program enables participants to reduce the fear of falling by learning to view falls as controllable, setting goals for increasing activity levels, making small changes to reduce fall risks at home, and exercise to increase strength and balance.

The curriculum includes group discussions, mutual problem solving, role-play activities, exercise training, assertiveness training, and a few homework assignments.

Your coaches for this session will be Robert Merry and George Morrell. If you are unable to attend this session we are planning another in late summer/early fall. Register at 684-2000.



We Care!

We Share!

We Dare!

## Congratulations Sally Terry

**We had 18 entries to the tag-line contest and the Council on Aging Board selected “We Care! We Share! We Dare!” as the new tag-line for the Dalton Senior Center. Our winner is Sally Terry who was awarded a \$100 gift card for her active, inclusive and exciting entry! Thank you Sally!**

**And the new logo is:**



*We Care! We Share! We Dare!*

**I'M ONLY SINGLE ON  
VALENTINE'S DAY BECAUSE**

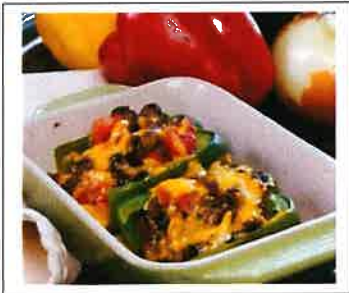


**I HAVEN'T FOUND  
SOMEONE THAT CAN HANDLE  
HOW AWESOME I AM YET**

### Stuffed Peppers for One

#### Ingredients:

- 1 bell pepper
- ½ tbs. olive oil
- ¼ c chopped onions
- 1 clove garlic minced
- 5 oz. lean ground beef
- ½ tsp Italian Seasoning
- ¼ tsp kosher salt
- 1/8 tsp ground black pepper
- 1 small tomato chopped
- ½ c chopped fresh spinach
- ½ c shredded cheddar



Remove stem from pepper and halve pepper from top down. Clean seeds and membrane and blanch halves in boiling water 3 minutes. Drain on paper towels.

Sauté onions 2 minutes, add garlic and continue cooking additional 30 seconds.

Add beef and seasonings and cook until browned.

Stir in tomato and spinach, cook for two minutes and remove from heat.

Stir in all but 1 Tbs. cheese and split mixture between the two halves in a baking dish.

Bake covered with foil at 350 for 15 minutes, remove foil and bake an additional 5 minutes.

-Enjoy!

**Watch for the following  
updates  
During the month of  
February:**

**\*Wine and Cheese Paring  
Class with possible tastes of  
local restaurants!**

**\*The hiring announcement  
for the new  
Program Assistant!**

**\*Date and invitation to  
participate in a Best Soup  
Competition which will be  
in March!**

**Ted Talk & Social February 22, 2023 at 1:00  
RSVP 684-2000**



**The secret to a happy life -- lessons  
from 8 decades of research**

The happiest and healthiest people are those who have warm connections with others, says psychiatrist Robert Waldinger, who leads the Harvard Study of Adult Development -- one of the longest-running studies of adult life ever conducted. Exploring the crucial link between social bonds and quality of life, he shares wisdom and insights into how to identify and strengthen the relationships that impact your well-being most. When it comes to the people in your inner circle, "Turn toward the voices that make you feel more open and more inclusive," he says. (This conversation, hosted by TED current affairs curator Whitney Pennington Rodgers, was part of an exclusive TED Membership event.)



### Unscramble Word Search

To solve this puzzle, first unscramble each word and write the word on the blanks provided.

Then look for the words you made in the puzzle.

The words can be found in any direction in the puzzle.

C	C	O	D	R	E	V	O	L	N	I	L	L	A	F
H	U	G	I	E	C	Z	L	R	I	K	M	C	L	E
O	P	G	A	N	N	A	R	O	I	X	A	O	T	B
C	I	N	M	N	A	D	O	S	V	R	W	F	H	R
O	D	I	O	I	M	M	S	V	D	E	I	J	B	U
L	A	C	N	D	O	I	E	S	R	G	Q	E	W	A
A	P	N	D	E	R	R	S	S	O	J	H	W	E	R
T	R	A	E	H	T	E	E	W	S	S	O	E	N	Y
E	O	D	K	C	E	R	U	E	N	E	L	L	I	F
Y	P	Q	Q	N	V	O	T	E	L	R	D	R	T	P
E	O	V	I	B	Y	A	H	T	Y	E	H	Y	N	T
T	S	M	D	E	D	M	Y	U	Y	N	A	T	E	E
J	E	R	V	A	W	O	R	R	A	A	N	I	L	E
B	B	O	U	Q	U	E	T	O	Z	D	D	E	A	W
U	L	W	H	M	C	O	U	P	L	E	S	L	V	S
I	J	J	V	U	H	T	N	E	E	T	R	U	O	F

LAFI NI ELVO \_\_\_\_\_

LOCAECHTO \_\_\_\_\_

TSHTWRAEEE \_\_\_\_\_

ARBYFUER \_\_\_\_\_

MANCOER \_\_\_\_\_

UHG \_\_\_\_\_

RLOEWFS \_\_\_\_\_

PUIDC \_\_\_\_\_

OPOSREP \_\_\_\_\_

VEOL \_\_\_\_\_

IGTF \_\_\_\_\_

UQUTEBO \_\_\_\_\_

EVNEANLETI \_\_\_\_\_

RIMEDRA \_\_\_\_\_

RADSC \_\_\_\_\_

DER \_\_\_\_\_

EWEST \_\_\_\_\_

NIDREN \_\_\_\_\_

ORWRA \_\_\_\_\_

NADNICG \_\_\_\_\_

AMDDION \_\_\_\_\_

I VLEO OUY \_\_\_\_\_

SENERA \_\_\_\_\_

SOSER \_\_\_\_\_

EDTA \_\_\_\_\_

LOHD ANSDH \_\_\_\_\_

LPSOECU \_\_\_\_\_

EB NIEM \_\_\_\_\_

SISK \_\_\_\_\_

EWLEJRY \_\_\_\_\_

NETERFHOTU \_\_\_\_\_

HINT - each word is related to VALENTINE'S DAY