

40 FIELD ST NEWS

Dalton Council on Aging & Senior Center
40 Field Street Extension, Dalton MA
September 2024
Edition 5, Volume 9

September is National Senior Center Month!
We have plans for you! See the activities calendar attached.



September 25th 2:00-3:00pm

October 23, November 13 and December 18!

DRUMMING WITH TAMARACK HOLOW

SPACE IS LIMITED TO 15 (UNLESS YOU HAVE YOUR OWN DRUM).

RSVP TO RESERVE YOUR DRUM

THESE SESSIONS ARE PAID FOR BY THE BERKSHIRE TACONIC FOUNDATION

The Tamarack Hollow Nature and Cultural Center

Join cultural educators from the Tamarack Hollow Nature and Cultural Center in a dynamic, hands-on participatory class focusing on folkloric and contemporary West African & Caribbean drumming, percussion and singing. Students will learn hand and instrument technique, an understanding of how drum patterns fit together, the cultural context of the music, fun and challenging drum patterns and exercises and accompanying songs in many languages. Traditional instruments such as the djembe, bell, conga and maraca provided for student use. *This project has been supported by a grant from the Central Berkshire Fund, a fund of Berkshire Taconic Community Foundation.*

"Inspiring environmental & cultural awareness, appreciation & stewardship"

www.tamarackhollow.com & www.tamarackhollow.org

Primary voting day will be held here at the Senior Center on Tuesday, September 3 from 7:00 a.m. until 8:00 p.m. Any voter enrolled in a Political party will automatically receive a ballot for his/her party affiliation. Unenrolled voters will be able to choose which ballot they would like to receive. Voting will include Senator in Congress, Representative in Congress, Councilor, Senator in General Court, Representative in General Court, Clerk of Courts and Register of Deeds. Any questions or concerns can be asked of our Town Clerk, Heather Hunt at 684-6111 X


210 or 212.

VOTE

LAST CHANCE FOR AGING MASTERY! CLASSES BEGIN ON SEPTEMBER 6! NO ENROLLMENT WILL BE ALLOWED AFTER THAT DATE. CALL 684-2000

We have a couple of special thank you's for Keith French and Kalen Sprat. Keith designed and conducted our first computer class for beginners and Kalen spent as much time as anyone needed to learn about their cell phones, tablets and laptops! We have enjoyed having you both work with us!



 **EXTRA ACTIVITIES FOR SENIOR CENTER MONTH**

- Walk on the new path called the Pines Community Forest, an ADA compliant scenic trail just behind your Senior Center.
- Scrabble game and snacks in the café.
- Sugar cookie decorating. Take some home for later.
- Name that tool. Come on guys, you got this! Look in the tool box and tell us what these tools are for.
- Beer can bowling. The cans are empty but it should be fun!

PRIZES FOR SCRABBLE, NAME THAT TOOL AND BEER CAN BOWLING!

FREE

BERKSHIRE MOBILE FARMERS MARKET

JUNE 25-OCTOBER 18

Monterey- Community Center
468 Main Road
TUESDAYS, 12:30-3PM

Pittsfield - 264 Second Street
WEDNESDAYS, 3-5 PM

18 Degrees
480 West Street
THURSDAYS, 3-5 P.M.

North Adams Armory- 206 Ashland St.
THURSDAYS, 12-2 PM

Adams-CHP Adams-19 Depot Street
FRIDAYS, 11 AM-1PM

Becket-Town Hall
557 Main Street
FRIDAYS, 3:30-6PM

DONATIONS ARE HAPPILY ACCEPTED

There are several scams going around right now to be aware of.

EZ Pass is not calling to collect overdue monies

Spectrum (Spectrum@exchange.spectrum.com) is not emailing offering a free month of Paramount Plus at no cost. Please don't click to activate.

Driveway pavers will take your money and run if you hire at your door!

Protect your wallet! They are clever and they want to get their hands on your cash!

90+ Birthday Party

Coming October 3rd

If you are turning 90 in 2024 or are more years young and have not gotten your invitation by September 18 please call us. We really want to have your company as we celebrate you!

684-2000

Mitchell is here for our Veteran's.

Every Wednesday morning from 9:00 a.m. until noon we have our Veteran's Agent here to help answer your questions or direct you with help. Feel free to stop by and meet him and get answers to any questions you may have regarding services. You can also call him at 684-2000.



New weekly walking group.

We are setting aside some time each Monday morning to simply walk around the neighborhood of your Senior Center. This is a flat easy walk for approximately one-half hour. Lisa will meet everyone in front of the building and we will simply walk around and get a little exercise while enjoying each other's company. No sign up needed. Simply be here for 10:00 a.m. and off we go. The more, the merrier. Start your week off right with some feel-good vibes. Starts on Monday, September 9th.



Dr. Gabrielle Lyon, a board-certified family physician called the skeletal muscle the true organ of longevity. The American Journal of Medicine found that older adults with more muscle mass were LESS LIKELY to die prematurely, independent of fat mass and other risk factors. Muscle mass surpasses body mass index as a predictor of lifespan and plays a pivotal role in maintaining overall health and independence as we age. Have you ever heard of Sarcopenia? This is the progressive loss of skeletal muscle mass and strength which begins in our 30's and becomes even more pronounced as we age. What happens is reduced muscle strength, difficulty with physical tasks and decreased muscle size. Not to be a downer but...this WILL happen to you more and more as you age. Sarcopenia translates from Greek as "poverty of flesh" and the consequences go far beyond muscle loss. The reduction in muscle strength compromises balance and mobility, making falls more likely and recovery more difficult. People with low muscle strength are 50 percent more likely to die earlier than their stronger peers. Maintaining muscle strength throughout life, especially in later life, is extremely important for longevity and aging independently. Additionally, weak individuals struggle with basic self-care and are more likely to experience disability which can lead to reduced physical activity and worsening health. Atrophy is a loss of muscle, but now because we are weaker, we want to do less, which makes it worse and worse and we just spiral down. Therefore, it is critical that you do not get into that cycle to begin with. The good news is that we are here for you! We supply the exercise classes several ways on several days a week. You simply have to have the gumption to join in with others that are routinely here to keep themselves fit and active. It really is that easy. Maintaining muscle health is one of the factors within our control that can significantly protect against the declines associated with aging. Regular strength training and proper nutrition are essential strategies for building and preserving muscle. These two easy strategies are essential and will enhance the overall quality of life and reduce the risk of chronic disease. Long story made short, save yourself. Walk. Come to one of the many dance, exercise, osteo, Tai Chi or Strength & Mobility classes that we offer for you. These classes are fun, friendly, helpful and can-do wonders for you in many ways.

FUN WITH MATH CROSSWORDS

Fill in the answers of each crossword puzzle so that the equations are true.

3	+	<input type="text"/>	=	15		14		2	<input type="text"/>	<input type="text"/>		
		-				-		+	-	+		
7	+	6	=	<input type="text"/>		3		16	-	5	=	<input type="text"/>
-		=				=		-	=		=	
4		<input type="text"/>	+	8	-	<input type="text"/>	=	<input type="text"/>		7		16
+				-				=				
11		<input type="text"/>	+	3	=	7		15	-	4	=	<input type="text"/>
=		+		=				+		+		+
<input type="text"/>		12		<input type="text"/>	+	<input type="text"/>	=	17		3		8
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20	-	<input type="text"/>	=	<input type="text"/>		<input type="text"/>	+	8	=	<input type="text"/>		<input type="text"/>
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		8	-	7	+	6	=	<input type="text"/>		<input type="text"/>		<input type="text"/>

1. 12
2. 12
3. 5
4. 13
5. 11
6. 15
7. 11
8. 3
9. 4
10. 11
11. 14
12. 12
13. 12
14. 10
15. 4
16. 0
17. 0
18. 7
19. 21
20. 11



Meals SEPTEMBER 2024

Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
1 1:00 Sunday Lunch HOST: BFCN	2 LABOR DAY	3 PRIMARY VOTING	4	5 cold meal Turkey Cranberry Salad 3 Bean Salad Cold Spiced Beets ½ Pita Pocket Sliced Peaches	6	7
8	9 Sausage, Peppers & Onions Mashed Sweet Potato Red Cabbage W/onions Roll Oatmeal Raisin	10 Meatball Grinders Chips	11	12 Global Table Spanish Chicken Stew Israeli Couscous Carrots WW Bread Tropical Fruit Mix	13	14
15 1:00 Sunday Lunch HOST: ST AGNES	16 Beef Stew Warm Barley Jardiniere Veggies Oat Nut Bread Spiced Apple	17 French Onion Soup Egg Salad Sandwiches	18	19 Scrambled Egg patty Sausage Link O'Brien Potatoes Asparagus ½ Grain Biscuit Mango	20	21
22	23 Chicken w/gravy Garlic Mashed California Blend Dinner Roll Mixed Fruit	24 Goulash Roll	25	26 Macaroni & Cheese Peas & Pimiento Broccoli WW Bread Banana	27	28
29 M/TH Elder Services meals are sponsored in part by Greylock Federal Credit	30 Veal Marsala Buttered Noodles Summer Blend Oat Nut Bread Vanilla Yogurt					Seniors 60 and older suggestion donation \$3 & funds Elder Services Nutrition Program

Meals are held at the Dalton Senior Center, 40 Field Street Ext. Dalton at 12:00. 24 business hours are required for reservations. 684-2000 Please call to cancel if you find you are unable to attend. Suggested donation to Elder Services \$3. Soup & Sandwich \$5 fee, Sunday Lunch Donations are appreciated.

ACTIVITIES SEPTEMBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 1:00 Sunday Lunch HOST: BFCN	2 Labor Day Senior Center Closed – No Lunch	3 Vote Primary Election Today! No programs No Lunch	4 9:00 Veterans Agent 10:00 Shake Your Soul\$	5 9:30 Osteo 12:00 Lunch 12:00 Quilting 1:00 Bridge & Cribbage	6 8:30 Strength & Mobility\$ 10:00 walk new path with Lisa 11:00 Chair Yoga 9:00 Pitch 1:00 Aging Mastery	7
8	9 9:30 Line Dancing\$ 10:00 Walk 12:00 Lunch 1:00 Senate Office Hours	10 9:30 Osteo 11:15 Tai Chi\$ 12:00 Soup & Sandwich\$ 1:00 Knitting 3:00 Craneville	11 9:00 Veterans Agent 9:00 Foot Care 10:00 Shake Your Soul\$ 1:00 Friends COA 3:30 COA BOARD	12 9:30 Osteo 12:00 Lunch 12:00 Quilting 1:00 Bridge & Cribbage	13 8:30 Strength & Mobility\$ 9:00 Pitch 11:00 Chair Yoga 1:00 Life after Loss 1:00 Aging Mastery	14 9-12 Community Paper Shred Event parking lot recommended \$5 donation up to 5 boxes
15 1:00 Sunday Lunch HOST: St. Agnes	16 9:30 Line Dancing\$ 10:00 Walk 12:00 Lunch	17 9:30 Osteo 11:15 Tai Chi\$ 12:00 Soup & Sandwich 1:00 Knitting	18 9:00 Veterans Agent 10:00 Shake Your Soul\$ 11:00 Beer Can Bowl 1:00 TRIAD	19 9:30 Osteo 12:00 Lunch 12:00 Quilting 1:00 Bridge & Cribbage	20 8:30 Strength & Mobility\$ 9:00 Pitch 11:00 Chair Yoga 1:00 Aging Mastery	21
22	23 9:30 Line Dancing\$ 10:00 Walk 12:00 Lunch	24 9:30 Osteo 11:15 Tai Chi\$ 12:00 Soup & Sandwich\$ 1:00 Knitting	25 9:00 Veterans Agent 10:00 Shake Your Soul\$ 1:00 Drumming w/Tamarack Hollow	26 9:30 Osteo 12:00 Lunch 12:00 Quilting 1:00 Bridge & Cribbage	27 8:30 Strength & Mobility\$ 9:00 Pitch 11:00 Chair Yoga 1:00 Aging Mastery	28
29	30 9:30 Line Dancing\$ 10:00 Walk 12:00 Lunch 1:00 BINGO with Ice Cream Cake	NAME THAT TOOL/IMPLEMENT THROUGHOUT THE MONTH!				Monday – Thursday Lunch \$3 donation supports Elder Services Meals on Wheels Program

Special Events are indicated in red font. Please remember to sign up for special events and lunches by calling 684-2000
****CHP Mobile Health Unit 2nd Tuesday 10 – 12**