

40 FIELD ST NEWS

Dalton Council on Aging & Senior Center

40 Field Street Extension, Dalton MA

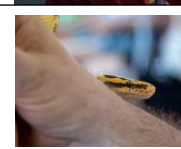
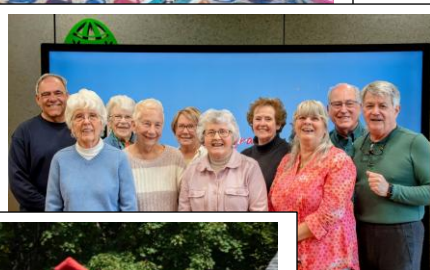
413-684-2000

January, 2026

Edition 7, Volume 1



Soon 2025 will be behind us but what a year it was! We thank all of you that come into the Dalton Senior Center and share your wit, wisdom and skills that make's the Center a wonderful place for people to be. I have shared some of my favorite photos We wish you a happy and healthy new year for 2026!



Most photographs are presented to you with thanks, courtesy of Robert Merry!

STRESS



We all experience stress. However, the longest-lived people have routines to shed that stress. Here they are. Some of these things you are (hopefully) already doing. If not, this could be the year that you practice some of these tried and true routines for a healthier New Year!

1. **Forgiveness**. This act, not always an easy one offers you hope by reducing depression, stress and hopelessness. Forgiveness can put your mind and body at ease. We all need to be at ease.
2. **Live with purpose**. A sense of purpose is the most potent secret to a long life. Having a reason to wake of every morning appears consistently in “blue zones”, five places around the world where people regularly live beyond 100 years old!
3. **Aim for “Goldilocks Sleep”**. This pertains to consistent sleep schedules. Not too much, not too little sleep and of good quality. Poor sleep has been linked to heart problems, memory decline and other brain disorders.
4. **Maintain a healthy weight**. Weight gain in mid life has serious longevity implications. Stay active, walk, eat well, avoid processed food and perform any exercise that you are able.
5. **Use your brain purposefully**. Frequent use of memory and attention, as well as challenging the brain in other ways, may explain why some older people experience higher cognitive functioning. Reading, writing and playing games throughout your life may prevent the onset and progression of Alzheimer’s disease. **(See page 4!)**
6. **Flex your muscles**. Retaining muscle mass leads to better heart function, mobility and balance. Grow a garden, walk, do ANY exercise that you are able. It all adds up. It all helps keep you strong.
7. **Stay busy**. A robust social life ranked right behind good health when surveyed. Those who are nearing 90 and older have attributed having family and friends, feeling supported, not being lonely, participating in social activities and being involved with younger children to their successful aging.
8. **Stop dwelling on your age**. Accepting aging and dying are important to living a fulfilled life. We all loose loved ones at some point. You think a lot about it and wonder why, but you simply have to accept losses and go on with life. You really just have to cope with it and try not to think about it, because we all have to go. We know this. To accept aging and dying is very important to living a fulfilled life.
9. **Take it easy**. Overthinking aging increases stress, and stress is linked to numerous diseases. It is important (and impossible!) not to wish to be young again or to view aging as a punishment. You must regularly find a way to relax both emotionally and physically. Find a way that works for you. Some people pray, some take a nap, some have happy hour. You can also draw a picture, paint or bake something. Most importantly....take it easy and enjoy the fact that you are still alive.

We hope your New Year is filled with fun, friendship and delicious food! We have all of that for you! Happy New Year from all of us at your Senior Center.

AARP TAX-AIDE WILL BEGIN IN FEBRUARY.

This program is free of charge with a focus on residents 50 and over with low to moderate income. You don't need to be an AARP member to use this service. Lisa will begin taking appointments starting on January 29th. Call Lisa at your Senior at 684-2000 once you have all the necessary paperwork. All donations are very much appreciated. This helps us with the postage for mailing out packets.

We have a couple of new van drivers! We'd really like to welcome Louise and Shannon, our latest new hires. Also, our recent driver, Dan is on the job again. We are in better shape now for helping to get our Seniors where they need to be. Thank you to everyone who had patience with us while we went through the long process of hiring new drivers and for Aurora who coordinated the process. She can be reached for **transportation at 684-2000, extension 403**.

For those of you who have been utilizing the **sharps and needle disposal vehicle**, we have a different winter method. This safe disposal program is for all community members who use syringes to manage healthcare at home. It is unlawful to dispose of syringes, needles, and bandages in Massachusetts landfills. These sharps, (needles) are typically used for diabetes or any type of needles you may need to dispose of. We have a small, red plastic specific box in Lisa's office. You may bring them in to be sent to Berkshire Harm Reduction. Additionally, you are able to request your own box if that is easier. There is no cost for this service.



Tuesday, January 20, 2026 @ 1:00 p.m.

Let's play it again! Lisa is eager to play **SCRABBLE** again with whoever is up for the challenge! Let's get together for some fun, some coffee/tea and a light snack. Sign up at the front desk if interested. Can't wait to see you.

Happy
New Year!

We are closed on Monday, January 19th to recognize Martin Luther King Jr. However, I would like to leave you with one of his beautiful quotes.

"When we allow freedom to ring, when we let it ring from every village and every hamlet, from every state and every city, we will be able to speed up that day when all of God's children, black men and white men, Jews and Gentiles, Protestants and Catholics, will be able to join hands and sing in the words of the old Negro spiritual: "Free at last! Free at last! Thank God Almighty, we are free at last!"

It's a new year! What changes do you plan to make in your life? This new year is the perfect time to do something for **YOU**. Pick just a couple of easy, attainable goals. Maybe you plan to read more rather than simply watch T.V. Maybe you will eat a little better. How about trying something new. Maybe you could offer someone a ride if needed. Volunteering is always good for you also. The possibilities are numerous. Pick something and make it a challenge to see if you can carry it out for twelve months! Good luck.

HOW MANY WORDS CAN YOU MAKE OUT OF

★ RESOLUTION ★

Using each letter only once, see how many different words can you make out of "RESOLUTION." Write as many words as you can on the lines below.

- | | |
|-----------|-----------|
| 1. _____ | 16. _____ |
| 2. _____ | 17. _____ |
| 3. _____ | 18. _____ |
| 4. _____ | 19. _____ |
| 5. _____ | 20. _____ |
| 6. _____ | 21. _____ |
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| 10. _____ | 25. _____ |
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| 12. _____ | 27. _____ |
| 13. _____ | 28. _____ |
| 14. _____ | 29. _____ |
| 15. _____ | 30. _____ |



USE EACH LETTER ONCE! BRAIN GAMES WILL KEEP YOUR MIND SHARP!

JANUARY MEALS 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Meals are sponsored in part by Greylock Federal Credit Union				1 Happy New Years Day! Senior Center Closed Today.	2	3
4 1:00 Sunday Lunch HOST: ST. AGNES	5 Beef & Cabbage Casserole Peas & Carrots Green Beans WW Bread Sliced Pears	6 Sausage & Fennel Pasta Roll	7	8 Swedish Meatballs Boiled Potato Brussel Sprouts 12 Grain Bread Fresh Apple	9	10
11	12 Chicken Curry Coconut Rice Minted Green Beans Rye Bread Apricot Halves	13 Ham & Cheese Sliders Minestrone Soup	14	15 Chicken w/Apple Raisin Gravy Mashed Potatoes Asparagus Dinner Roll Chocolate Chip Cookie	16	17
18 1:00 Sunday Lunch HOST: BFCN	19 MLK Day Center closed	20 Chinese Chicken Salad	21	22 Beef Stroganoff Buttered Noodles Mixed Vegetables Rye Bread Sliced Pears	23	24
25	26 Pasta w/Bolognese Capri Blend Italian Bread Warm Applesauce	27 Meatball Grinder Chips	28	29 Eggplant Parmesan Buttered Noodles Sonoma Blend WG White Sliced Peaches	30	31 Seniors 60 and older suggestion donation \$3 & fund 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 Suggested donation to Elder Services \$3. Soup & Sandwich \$5 fee, Sunday Lunch Donations are appreciated

ACTIVITIES JANUARY 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1  Happy New Years!	2 8:30 Strength & Mobility \$ 9:00 Pitch 11:00 Chair Yoga \$ 12:00 Veteran's Agent	3
4 1:00 Sunday Lunch HOST: St. Agnes	5 9:30 Line Dancing \$ 12:00 Lunch 1:00 Movie: Stand by Me (in tribute to Rob Reiner)	6 9:30 Osteo 11:15 Tai Chi \$ 12:00 Soup & Sandwich \$ 1:00 Knitting	7 8:30 Strength & Mobility \$ 10:00 Shake Y' Soul \$ 100 Poetry Room 3:30 COA BOARD	8 9:30 Osteo 12:00 Lunch 12:00 Quilting 1:00 Cribbage	9 8:30 Strength & Mobility \$ 9:00 Pitch 11:00 Chair Yoga \$ 1:00 Life After Loss Group	10
11	12 9:30 Line Dancing \$ 12:00 Lunch 1:00 Art Together 1:00 Mix & Mingle	13 9:30 Osteo 11:15 Tai Chi \$ 12:00 Soup & Sandwich \$ 1:00 Knitting 2:00 LIFE GROUP	14 8:30 Strength & Mobility \$ 9:00 Foot Care \$ 10:00 Shake Y' Soul \$ 1:00 TRIAD	15 9:30 Osteo 11:00 Wellness Clinic 12:00 Lunch 12:00 Quilting 1:00 Cribbage	16 8:30 Strength & Mobility \$ 9:00 Pitch 11:00 Chair Yoga \$	17
18 1:00 Sunday Lunch HOST: First Nazarene	19 MLK DAY 	20 9:30 Osteo 11:15 Tai Chi \$ 12:00 Soup & Sandwich \$ 1:00 Knitting 1:00 Scrabble	21 8:30 Strength & Mobility \$ 10:00 Shake Y' Soul \$ 1:00 Poetry Room	22 9:30 Osteo 12:00 Lunch 12:00 Quilting 1:00 Cribbage	23 8:30 Strength & Mobility \$ 9:00 Pitch 11:00 Chair Yoga \$	24
25	26 9:30 Line Dancing \$ 10:00 Walk 12:00 Lunch 1:00 Art Together 1:00 BINGO	27 9:30 Osteo 11:15 Tai Chi \$ 12:00 Soup & Sandwich \$ 1:00 Knitting 2:00 LIFE GROUP	28 8:30 Strength & Mobility \$ 10:00 Shake Your Soul \$ 2:00 Drumming	29 9:30 Osteo 12:00 Lunch 12:00 Quilting 1:00 Cribbage	30 8:30 Strength & Mobility \$ 9:00 Pitch 11:00 Chair Yoga \$	31

Special Events are indicated in **red font**. Please remember to sign-up for special events and lunches by calling 684-2000 or we may not be able to accommodate you! Events highlighted in yellow are Hybrid! Come in person or meet virtually!