

40 FIELD ST NEWS

Dalton Council on Aging & Senior Center

40 Field Street Extension, Dalton MA

413-684-2000

March 2026

Edition 7, Volume 3



A message for Andrea who helped at Life Program at Craneville Place:

What a fun day today! Thank you, Andrea for your presidential program. Presidents were identified, coins were tossed into a Lincoln top hat, weight and amount of Pennies in a jar were guessed and the end of production of the Penney was shared.

Our next two dates are in March, so if you have any ideas or want to join us..... feel free, love to have you.

- Jean

You too can be appreciated as much by volunteering for the Life Group! One hour twice a month makes a world of difference for residents of Craneville Place~ Call Lisa 684-2000



March 25, 2026, Cabaret Concert with Vocalist Mary Jo Maichack and Pianist Bob Shepherd 1:00

“It’s a movable feast of songs from the Great American Songbook.

Moving interpretations of standards classic and contemporary, interwoven with personal tales of growing up in a music-loving family with Vaudeville roots- in Pittsfield. Mary Jo Maichack has performed at Norman Rockwell Museum, Nantucket Great Harbor Yach Club, Connecticut Storytelling Festival Mid-Nine Cabaret. Sign up at the front desk or call 684-2000.

This program is supported by the Dalton Cultural Council, a local agency supported by the Massachusetts Cultural Council, a state agency, and the Dalton Council on Aging & Senior Center.

Imagine being trapped in your home because you cannot remove the snow anymore. Have a dark hallway because you can't climb up and change the lightbulb? Or take that heavy box off the top shelf?

Too many of our oldest seniors are having difficulty finding a little bit of help. Can you help? 684-2000!

YES Kathy -
Sometimes it pays to have
a big mouth!



Help us stay in contact.

Please let us know if you have a new address or phone number. If you registered with us a long time ago, please also update your emergency contact and any new health concerns you may have for you and your household. It's important that we have an updated system (and don't waste postage!)



Will you be able to recognize your friends at your Senior Center?

For the month of March, we will be displaying a picture board that will include pictures of friends from your Senior Center who have brought in pictures of themselves when they were younger! We plan to display them on this board and are asking you to guess who they are! Feel free to take a guess and place it in the box next to the board. The person who guesses the most correctly will win a prize. We look forward to this fun, spring activity. Good luck! If you have not brought a picture in yet, you can still do it within the first few days of March.

GOOD NEWS!!!

Daylight Saving Time begins. This is an uplifting time for us. We can now feel like there is light at the end of the tunnel. Adjust your clocks forward on Sunday, March 8th. If it's easier, do it Saturday evening, March 7th before you go to bed.



EXCITING NEWS FROM OUR AWESOME TRANSPORTATION CREW!

Our Shopping "Shuttle" is on the road! We now have set days and routes for specific shopping trips. The "Shuttle" will run from 10-1 and pickup time will be determined by how many riders we have that day. The 2nd Tuesday of each month will make trips to Target, at the Lanesborough Mall. On Fridays, we will go to Market 32 in Pittsfield. Please reach out to Aurora for more information and to reserve your seat. She can be reached at 684-2000 EXT. 403.



Friday, March 20th ...1st
Day of Spring!!

This Month Specials at the Dalton Senior Center:

2nd: Senate Hours 1:00 – 3:00

5th- Veterans Hours 12:00 – 3:00

11th – Beginner iPad 11:00

16th – Scrabble 1:00

18th – TRIAD 1:00

19th- Wellness Clinic 11:00 – 12:00

20th- Movie: Eleanor the Great

23rd- Mix & Mingle coffee hour

25th- Cabaret 1:00

26th- Drumming with Tamarack Hollow 2:00

30th- BINGO 1:00

What to do When You Feel Lonely

Do you ever feel lonely? While this may not be an unusual feeling, it is completely unnecessary. A recent review found that people with regular, supportive relationships tend to live longer. In 2025, an analysis published in Scientific Reports found a clear pattern. Mortality risk rose as social isolation increased, suggesting that the amount of social connection someone has matters. These findings are especially relevant for older adults. We have friends that move, partners that pass away, driving becomes more difficult and changes in hearing and vision can make conversation frustrating. The best thing that we can do is to socialize! Higher quantities and quality of social relationships are associated with markers that suggest protection against immune aging. It is very important for older adults to socialize, as it can be the difference between, for example, bouncing back from an infection and being knocked down for weeks. Loneliness is associated with increased risk for dementia. You have no cause to be lonely! We are here for you, five days a week. Feeling lonely is associated with increased risk of dementia. You don't have to accept this. Frequent social activity is associated with lower risk of dementia and mild cognitive impairment, as well as with a later onset of dementia by several years.

Social stimulation keeps the brain active and buffers against age related decline. Social interaction requires the brain to constantly process language, recall memories, interpret emotions and respond in real time. That doesn't happen by sitting at home and staring out the window! Social interaction helps to maintain brain activity and provides greater resistance to aging. Social interaction keeps the brain working during the day and helps the body settle into better sleep at night. Both are very important to maintaining brain health as we age. Social media does not count as socialization! Someone who has a shared meal or a walking partner is more likely to keep appointments, take medication correctly, eat better and move more.

I know....this has been an awful winter! I keep telling myself that it's almost over! Truly, in a few weeks things will start to go in the other direction. Hang in there. For all of you who regularly attend the numerous offerings here, at your Senior Center I say, "keep it up!" You're doing it right. If you have been lax, stop that. Put on a coat, hat and gloves and get outside. Come in and share a meal with friends. Knit with friends. Paint some seashells with friends. Exercise with friends. Watch a movie with friends. Help to plan our beautiful, raised garden beds for the spring planting. Visit our book library. Come to our Meet and Mingle group and laugh. We have what you need. We look forward to seeing you. If you feel that you need transportation here, call us at 684-2000 and ask for Aurora. She will hook you up with transportation. She always does it with a smile!

St. Patrick's Day



Find the words on the list in the word search below!

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



CLOVER
 IRISH
 SHAMROCK
 WISH

GOLD
 EMERALD
 MARCH
 POT

LEPRECHAUN
 LUCKY
 RAINBOW
 IRELAND

GREEN
 PATRICK
 CHARM
 MAGIC



ACTIVITIES MARCH 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 1:00 Sunday Lunch HOST: K of C	2 9:30 Line Dancing \$ 12:00 Lunch 1:00 Art Together 1:00 Senate Hours	3 9:30 Osteo 11:15 Tai Chi \$ 12:00 Soup & Sandwich \$ 1:00 Knitting	4 8:30 Strength & Mobility \$ 10:00 Shake Your Soul \$ 100 Poetry Room	5 9:30 Osteo 12:00 Lunch 12:00 Quilting 1:00 Cribbage 12:00 Veterans	6 8:30 Strength & Mobility \$ 9:00 Pitch	7
8	9 9:30 Line Dancing \$ 12:00 Lunch 1:00 Art Together	10 9:30 Osteo 11:15 Tai Chi \$ 12:00 Soup & Sandwich \$ 1:00 Knitting 2:30 LIFE GROUP	11 8:30 Strength & Mobility \$ 9:00 Foot Care \$ 10:00 Shake Y" Soul \$ 3:30 COA BOARD	12 9:30 Osteo 12:00 Lunch 12:00 Quilting 1:00 Cribbage	13 8:30 Strength & Mobility \$ 9:00 Pitch 11:00 Chair Yoga \$ 1:00 Life After Loss Group	14
15 1:00 Sunday Lunch HOST: St Agnes	16 9:30 Line Dancing \$ 12:00 Lunch 1:00 Art Together 1:00 Scrabble	17 9:30 Osteo 11:15 Tai Chi \$ 12:00 Soup & Sandwich \$ 1:00 Knitting	18 8:30 Strength & Mobility \$ 10:00 Shake Y" Soul \$ 1:00 TRIAD 1:00 Poetry Room	19 9:30 Osteo 11:00 Wellness Clinic 12:00 Lunch 12:00 Quilting 1:00 Cribbage	20 8:30 Strength & Mobility \$ 9:00 Pitch 11:00 Chair Yoga \$ 1:00 Movie: Eleanor the Great	21  Happy First Day of Spring!
22	23 9:30 Line Dancing \$ 12:00 Lunch 1:00 Art Together 1:00 Mix & Mingle	24 9:30 Osteo 11:15 Tai Chi \$ 12:00 Soup & Sandwich \$ 1:00 Knitting 2:30 LIFE GROUP	25 8:30 Strength & Mobility \$ 10:00 Shake Y" Soul \$ 1:00 CABARET Concert	26 9:30 Osteo 12:00 Lunch 12:00 Quilting 1:00 Cribbage 2:00 Drumming	27 8:30 Strength & Mobility \$ 9:00 Pitch	28
29	30 9:30 Line Dancing \$ 12:00 Lunch 1:00 Art Together 1:00 BINGO	31 9:30 Osteo 11:15 Tai Chi \$ 12:00 Soup & Sandwich \$ 1:00 Knitting				

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!**

MARCH MEALS 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 1:00 Sunday Lunch HOST: KofC	2 Salisbury Steak Mash Potatoes gravy Lyonnais Carrots 12 Grain Bread Mandarin Orange	3 Chili Cornbread	4	5 Chicken w/Asparagus Buttered Orzo Green Beans Oat Nut Bread Diced Peas	6	7
8	9 Asian Pork Casserole White Rice Brussel Sprouts Oat Nut Bread Spiced Apples	10 Chicken Salad Sandwich Chicken Noodle Soup	11	12 Beef Chili Potato Puffs Cauliflower w/Pimiento WG White Bread Raisins	13	14
15 1:00 Sunday Lunch HOST: St Agnes	16 Orange Chicken Mashed Potatoes Mixed Veggies Oat Nut Bread Diced Mangoes	17 Cabbage with Sausage 	18	19 Calico Beans & Sausage Warm Barley Yellow Squash WW Bread Apricots	20	21
22	23 Chicken Piccata Buttered Noodles Sonoma Blend Veg WW Bread Diced Mangoes	24 Cheeseburger Chips	25	26 Roast Pork w/Gravy Sweet Potatoes Mixed Veggies WW Bread Pears	27	28
29 Meals are sponsored in part by Greylock Federal Credit Union	30 Beef Fajita w/Cheese Cous Cous Beets w/Pearl Onion Tortilla Shell Pineapple Tidbits	31 Is springtime!  Quiche!				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