

40 FIELD ST. NEWS

Dalton Council on Aging & Senior Center
40 Field Street Extension, Dalton MA
August 2026
Edition 8, Volume 8
413-684-2000



New: Veterans Services Officer will begin out posting here at the Dalton Senior Center starting Thursday August 6th, 12:00 – 3:00! Stop by and meet Mark Pompi. We are hoping that he will stay and work with you for many years to come!



90+ Birthday Luncheon

If you are turning 90 this year or have more experience than that you are invited to the 90+ Birthday Luncheon

Friday August 21

12:00 PM

Dalton Senior Center

RSVP 684-2000

If you have a companion please RSVP for them also

RSVP today and get ready to dance!



PRESENTS ...
**Hip Hop
SQUARE DANCE
for Seniors!**
"BOOTS on the Ground"

Rondae Drafts of Music
Dance Edu., is Back
with HIP HOP Square
Dance!

August 12th 1:00pm

Rondae says wear a
cowboy hat (if you have
one!)

This event is
sponsored by the
Dalton Cultural
Council



UPCOMING EVENTS IN AUGUST

Zumba Gold Mondays at 3:00? Call to find out!

Cornhole all month on Tuesdays at 10:30- Come & Play!

3rd Senate Hours 12-3

18th Fermentation Class

21st 90+ Birthday

25th Wellness Clinic

26th Drumming with Tamarack Hollow 2:00

UPCOMING EVENTS IN SEPTEMBER

1st Primary Vote – 7am – 8pm, no lunch today

12 Shred Day 9-11

14th Senate Hours 12-3

25th FIELD DAY! 10-2

29th Wellness Clinic

30th Drumming with Tamarack Hollow 2:00

Did You Know that August 21st is National Senior Citizens Day? Its good to be recognized nationally but here at the Dalton Senior Center, every day is Senior Citizens Day!

SAVE THIS DATE: TUESDAY, AUGUST 18TH, 2026 AT 1:00 P.M. AT YOUR SENIOR CENTER.

Andy Ottoson of Berkshire Regional Planning Commission and Sarah DeJesus of Berkshire Harm Reduction will be here, at your Senior Center, to talk with **all residents in town, especially our Seniors!** Recently, Sarah, Andy and I met with our town manager. After several meetings and phone calls, we decided on a way to use Dalton's share of the opioid funds that were dispersed to each town/city in the State. Dalton's funding was held in a separate account for a few years. I contacted Andy, worked with Sarah and our town manager and together, we decided that it was best to put these funds to use rather than have them sit in an account, not helping our own residents. In particular, Andy is interested in prevention for young people; and he and Sarah want to hear your ideas for *Age Friendly Berkshires* and what you are interested in. Bring an idea to them. It may happen! **Now is your time and we want your input!** Andy and Sarah want to know exactly what **you**, as a Dalton resident, would most like to see happen with this funding. The uses are varied. You do have a say! Now is the time to express your thoughts on this. Bring a neighbor, a friend, a co-worker or anyone that you think may benefit from this funding. Your questions and suggestions are valuable.

As long-time residents, seniors have valuable insights into what the entire town needs! You will find out what the funding CAN and CANNOT be used for. You will learn this valuable information at this session. By partnering with Berkshire Regional Planning Commission and Berkshire Harm Reduction, ***Dalton gains access to stronger regional resources while maintaining a direct say in how specific funding is used.*** Some examples of uses are:

- Regional Detox & Treatment Pipelines
- First Responder & Care Support (Equipping emergency services with funds for post-overdose follow-ups or hiring a regional community health worker to visit impacted families).
- Support for Grandparents Raising Grandchildren. (Many seniors are unexpectedly raising grandchildren due to parental substance use disorder).

THESE FUNDS CAN HELP YOU. COFFEE/SNACKS WILL BE PROVIDED. SEE YOU ON THE 18TH.

- Lisa



Random cornhole games!!!

On Tuesday, August 4th, 11th, 18th and 25th, we will have our cornhole game set up in our picnic area for anyone to come and play! No sign up necessary. Simply come on over with a friend and play!! The games will be available at 10:30 so that you'll have time to make it to our Tuesday lunch! Weather permitting!

MONTHLY GAMES!

We typically have monthly games for you! Watch our **ACTIVITIES** section of the monthly newsletter to see what and when they are. **SCRABBLE** is one. **CORNHOLE** is happening each Tuesday at 10:30 in August and **BINGO** is usually the last Monday of each month. We also feature **PITCH** on Fridays, **CRIBBAGE** and **BRIDGE** AND **CHINESE MAHJONG** on Thursdays.



THANK YOU TO ALL OF YOU WHO PARTICIPATED IN OUR **AMERICA 250** CELEBRATIONS! IT WAS GREAT TO SEE ALL THOSE WHO DRESSED IN RED, WHITE AND BLUE AND SHOWED YOUR PATRIOTISM! WE HOPE YOU ENJOYED ALL THE NICE PRIZES, THE DECORATIONS AND THE UPLIFTING ATMOSPHERE THAT WE, AS A GROUP CREATED FOR JULY, 2026! **YOU'RE THE BEST!**



Here are some
of our America
250 stars. Photo
credits go to
Lisa & Aurora!





COLOR THIS PICTURE ALSO!



Picnic Day



paintbrush



ice-cream
cone



strawberry



baseball
bat



flashlight



crown



broccoli



balloon



envelope



fish



tennis
racket



wedge
of lemon



arrow



umbrella



ladder



crayon



egg

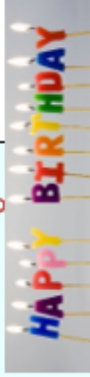


bell



book

ACTIVITIES AUGUST 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 1:00 Sunday Lunch HOST: FCC	3 9:30 Line Dancing\$ 10-1 Tech Tutor 10:00 Walk w/Lisa 12:00 Lunch 1:00 Senate Office Hours ? 3:00 Zumba Gold\$	4 9:30 Osteo 10-1 Tech Tutor 10:30 Cornhole 11:15 Tai Chi\$ 12:00 Soup & Sandwich\$ 1:00 Knitting 2:00 Life Group	5 8:30 Strength & Mobility\$ 10:00 Shake Soul\$ 12:00 Quilting 1:00 POETRY ROOM	6 9:30 Osteo 10-1 Tech Tutor 12:00 Lunch 1:00 Cribbage, Bridge & Chinese Mahjong	7 8:30 Strength & Mobility\$ 9:00 Pitch	8
9	10 9:30 Line Dancing\$ 10-1 Tech Tutor 10:00 Walk w/Lisa 12:00 Lunch ? 3:00 Zumba Gold\$	11 9:30 Osteo 10-1 Tech Tutor 10:30 Cornhole 11:15 Tai Chi\$ 12:00 Soup & Sandwich\$ 1:00 Knitting	12 8:30 Strength & Mobility\$ 9:00 Foot Care\$ 10:00 Shake Soul\$ 12:00 Quilting 1:00 HIP HOP SQUARE DANCE wear a cowboy hat!	13 9:30 Osteo 10-1 Tech Tutor 12:00 Lunch 1:00 Cribbage, Bridge & Chinese Mahjong	14 Strength & Mobility\$ 10-1 Tech Tutor 9:00 Pitch 11: Chair Yoga\$ 1:00 Life after Loss	15
16 1:00 Sunday Lunch HOST: K of C	17 9:30 Line Dancing\$ 10:00 Walk w/Lisa 10-1 Tech Tutor 12:00 Lunch 1:00 Fermentation Class (full) ? 3:00 Zumba Gold\$	18 9:30 Osteo 10:00 BRPC Opioid Settlement Talk 10:30 Cornhole 11:15 Tai Chi\$ 12:00 Soup & Sandwich\$ 1:00 Knitting 2:30 LIFE Group	19 8:30 Strength & Mobility\$ 10:00 Shake Soul\$ 12:00 Quilting 1:00 POETRY ROOM	20 9:30 Osteo 12:00 Lunch 1:00 Cribbage, Bridge & Chinese Mahjong	21 9:00+ Birthday Luncheon ALL regular programs are cancelled today 	22
23	24 9:30 Line Dancing\$ 10:00 Walk w/Lisa 12:00 Lunch 1:00 MIX & MINGLE ? 3:00 Zumba Gold\$	25 9:30 Osteo 11:15 Tai Chi\$ 10:30 Cornhole 12:00 Soup & Sandwich\$ 1:00 Knitting 1:00 Scrabble 1:00 Wellness Clinic	26 8:30 Strength & Mobility\$ 10:00 Shake Soul\$ 12:00 Quilting 2:00 Drumming	27 9:30 Osteo 12:00 Lunch 1:00 Cribbage, Bridge & Chinese Mahjong	28 8:30 Strength & Mobility\$ 9:00 Pitch 11:00 Chair Yoga\$	29
30	31 9:30 Line Dancing\$ 10:00 Walk w/Lisa 12:00 Lunch 1:00 BINGO\$? 3:00 Zumba Gold\$	Zumba Gold Mondays? Call to confirm 684-2000 Special Events are indicated in red font. Please remember to sign up for special events and lunches by calling 684-2000 Strength & Mobility can go hybrid if Zoom is needed, please contact Kelly				

AUGUST MEALS 2026						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Sunday Lunch HOST: FCC 1:00 Open to All	3 Chicken Bruschetta Couscous Peas & Onions WW Bread Mangoes	4 Meatball Grinder Chips	5	6 Shepard's Pie Mashed Potato Spinach Italian Bread Fresh Plum	7	8
9	10 Veal Sorrento Buttered Pasta Brussel Sprouts Italian Bread Raisins	11 Tuna Quesadilla Salsa Sour Cream	12	13 Beef Patty w/pepper & onion Au gratin potato Beets WG White Bread Fresh Pear	14	15 Meals are sponsored in part by Greylock Federal Credit
16 Sunday Lunch HOST: K of C 1:00 Open to All	17 Egg Salad Tomato Soup Herb Summer Bread ½ Pita Pocket Fruit Crisp	18 Chicken Sandwich Chips Pickle	19	20 Spanish Chicken Stew Wild Rice Pilaf California Blend Oat Nut Bread Vanilla Yogurt	21	22
23	24 BBQ Chicken Breast Buttered Noodles Ratatouille WW Bread Chocolate Chip Cookie	25 Goulash Roll	26	27 Mac & Cheese Stewed Tomatoes Broccoli 12 Grain Bread Spiced Apples	28	29 Tuesday Soup & Sandwich Lunch \$5 fee
30	31 Fish Filet Sandwich Steamed Rice French Cut Green Beans Hamburger Bun Diced Strawberries					Mon & Thurs 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