

40 FIELD ST. NEWS

Dalton Council on Aging & Senior Center
40 Field Street Extension, Dalton MA
September 2026
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413-684-2000

30 DAYS HATH SEPTEMBER...ENJOY THEM!



September 1st is Primary Voting Day!

Your Senior Center will only be used for voting on this day. **NO** activities are scheduled other than voting. Come in and vote!



FIELD DAY IS ALMOST HERE!



Be sure to save the date. We can't wait to see you for our **Annual Field Day** festivities. On Wednesday, September 23rd, from 11-2 we will have many different goodies to eat including hot dogs, hamburgers, salads, desserts and more! On top of all that...we will have our cornhole games set up, nice music to listen to and plenty of good friends to visit with. Bring a comfortable chair if you are able. It will be a fun time!



SOME DATES TO NOTICE

- TRIAD with coffee hour on September 16th at 1:30 at your Senior Center
- Dalton shred day in our parking lot on Saturday, September 12th from 9-11
- COA is open for Primary Elections ONLY on Tuesday, September 1st. No Programs
- We are CLOSED on Monday, September 7th for Labor Day

Bingo!

Sugar Hill Nursing Home is once again hosting a free game of **BINGO** on Wednesday, September 16th from 1:30-2:30 p.m. Anyone is welcome to attend at no cost. You can drive there if you want to. They will even pick you up in our parking lot if needed, at 1:00 p.m. There will be a sign-up sheet at the front desk.



On September 30th, we will have a fun **drumming class** with Tamarack Hollow at 2:00 p.m. Come in and try this very fun, one-hour class. You won't be disappointed! There is no cost to you.



FIELD TRIP TO HANCOCK SHAKER VILLAGE!!! SIGN UP NOW!

On Monday, September 14, we are taking a tour of this historic barn and all the sights of Hancock Shaker Village. This should be a nice day to walk around the beautiful grounds and see the various animals and such. You will need to drive yourself there. Carpooling is probably a good idea. This nice day is being sponsored by the Friends of the Dalton COA. We need to meet there in the parking lot which is by the entrance at 10:30 a.m. You may bring your own lunch or purchase lunch there. Please sign up at front desk. See Lisa with questions.

ZUMBA GOLD IS HAPPENING HERE!

This exercise/dance class is very fun! We are excited to be offering this class on Mondays at 3:00 p.m. This class is very popular, great for you and quite fun! There is a \$5.00 fee. Come on in and see what this class is all about. No need to sign up. We think that you will feel great, have fun, stay strong and meet new people. What could be better!



A FRIENDLY FAREWELL FROM OUR FRIEND, AURORA

I am sad to say the time has come to say "see you later" to my sweet friends here at the Council on Aging.

I am so grateful to all of you for the kindness and connection we have shared during my time here.

An opportunity has come up at the Pittsfield Senior Center that I feel I cannot ignore, and so I must say a bittersweet farewell.

Please know how much you all have impacted me. I am forever grateful.

Fondly,

Aurora



NEWS FROM PATTIE PERO, SHINE COUNSELOR

Open Enrollment (October 15-December 7) for Medicare Drug Plans is a critical time to evaluate your present prescription coverage. Open enrollment is important because your health care needs can change from year to year. Also, health or drug plans can change their costs, benefits and the drug coverage they offer each year. Your provider can also change their contracts annually. Every prescription drug plan must send its member an Annual Notice of Change sometime in September advising policyholders of any changes to be made to their coverage. The plan you have now may change its monthly premium, adjust drug tiers and copays, and add or discontinue medication coverage. **It is imperative that you:**

1. Read your Annual Notice of Change.
2. Decide if you want to keep your present plan or log onto www.medicare.gov to check what other plans are being offered and do a drug comparison.
3. Or pick up a designated form available in the office and list all of your current medications. Once completed, return the form to the office and a comparison of plans will be done to determine the most cost-effective drug plan available.

You may also be eligible for programs, depending on your income, that could help reduce the cost of your drug premium, copays, and possibly your monthly Medicare Part B premium.

This and more can be discussed with Pattie by calling 684-2000 on MONDAYS or THURSDAYS when she is in the office. REMEMBER! You have a short window in which to make any changes. Don't miss out on the possibility of improved prescription drug coverage.

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- **Cornhole** will continue to be set up on Tuesday mornings at 10:30 for anyone wishing to play. Feel free to stop by and join in. No sign up necessary.
- **Walk with Lisa** will also continue at 10:00 a.m. on Monday mornings. No sign up necessary, simply meet at the front of the building if you'd like to join our group.
- **Bingo** has been suspended pending an application for licensure. Watch the calendar for its return.
- **Field Day** will be a blast! It's happening on **Wednesday, September 23rd from 11-2**. Come in and join us with games, company, burgers/dogs on the grill and much more!

LIST OF COUNTRIES

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

Zambia	Yemen	Viet Nam	Vanuatu	Uruguay	Ukraine	Uganda
Tuvalu	Turkey	Tunisia	Tonga	Togo	Thailand	Syria
Sweden	Swaziland	Suriname	Sudan	Sri Lanka	Spain	South Africa
Somalia	Slovenia	Slovakia	Singapore	Seychelles	Serbia	Senegal
Saudi Arabia	San Marino	Samoa	Saint Lucia	Rwanda	Russian	Romania
Qatar	Portugal	Poland	Philippines	Peru	Paraguay	Papua New Guinea
Panama	Palau	Pakistan	Oman	Norway	Nigeria	Niger
Nicaragua	New Zealand	Netherlands	Nepal	Nauru	Namibia	Myanmar
Mozambique	Morocco	Montenegro	Mongolia	Monaco	Mexico	Mauritius
Mauritania	Marshall Islands	Malta	Mali	Maldives	Malaysia	Malawi
Madagascar	Luxembourg	Lithuania	Liechtenstein	Libya	Liberia	Lesotho
Lebanon	Latvia	Kyrgyzstan	Kuwait	Kiribati	Kenya	Kazakhstan
Jordan	Japan	Jamaica	Italy	Israel	Ireland	Iraq
Iran	Indonesia	India	Iceland	Hungary	Honduras	Haiti
Guyana	Guinea-Bissau	Guinea	Guatemala	Grenada	Greece	Ghana
Germany	Georgia	Gambia	Gabon	France	Finland	Fiji
Ethiopia	Estonia	Eritrea	Equatorial Guinea	El Salvador	Egypt	Ecuador
Dominican Republic	Dominica	Djibouti	Denmark	Czech Republic	Cyprus	Cuba
Croatia	Côte d'Ivoire	Costa Rica	Congo	Comoros	Colombia	China
Chile	Chad	Cape Verde	Canada	Cameroon	Cambodia	Burundi
Burkina Faso	Bulgaria	Brunei Darussalam	Brazil	Botswana	Bolivia	Bhutan
Benin	Belize	Belgium	Belarus	Barbados	Bangladesh	Bahrain
Bahamas	Azerbaijan	Austria	Australia	Armenia	Argentina	Angola
Andorra	Algeria	Albania	Afghanistan			

