



BERKLEY COUNCIL ON AGING NEWSLETTER

APRIL 2015

BOARD MEMBERS: Chair- Mary Silva, Vice Chair - Vacant, Treasurer- Carolyn Peloquin, and other members: Valerie Murray, Priscilla Martin and Gerry Durette

Mission Statement

To promote and support Berkley Seniors to stay safe and active, participate in programs, enjoy life and to stay in their own homes for as long as possible.

COA Board Meeting: The next meeting will be held on April 16th at 10 AM in the Town Hall Annex. For additional information on the April meeting you can call the COA office @ (508)821-3105.

COA Events for April (2015)

Aerobics: Mondays and Fridays at the Berkley Community School at 7:45 AM. Note that there will be no Aerobics on April 3, 20 and 24 due to school vacation.

Reminder: If there is no school in Berkley for any reason, aerobics will not be held. Please stay tuned to your television or radio station for Weather Alerts and Cancelations.

Yoga: Tuesdays at the Berkley Congregational Church at 9:00 AM.

"Line Dancing" YES, Line Dancing is back!!!!

Please plan on joining Lestyn Gilmore and our group of Line Dancers on Wednesdays at 10 AM at the Berkley Congregational Church.

Stay active while still having fun.

Food Distribution & Health Clinic : The Food Distribution will be on **April 22** from 9:30AM - 10:30AM at the Myricks Methodist Church Hall. Also, if the recipient is physically impaired and cannot pick up their Brown Bag they can have a designated family member or friend pick it up for them.

Important Phone Numbers

FIRE/ POLICE
MEDICAL
911

Berkley
Council on Aging
Hours: Mon. & Wed. 9:30
-11:30 AM
(508) 821-3105
berkeleycoa2013@aol.com

Bristol Elder Services
(508) 675-2101

Attorney General's
Elder Hotline
(10-5) M-F (888) 243-5337

Citizens for Citizens
(508) 823-6346

Fuel assistance
(508) 679-0041

Food/Rent/Mortgage
Assistance
(508) 823-6346

Veterans Services
Donald Hirschy
(508) 669-5027

SHINE
Needs of Elders
1-800-987-2510

MA Council on Aging
www.mcoaonline.com

COA April Events Continued

Bingo and other games will be on Tuesday, April 14 at 1:00 PM at the Myricks Methodist Church Hall. Meet your friends, share your interests and have fun! It's a great way to spend your day!

Watercolor Painting Class for Seniors sponsored by the COA

For those individuals who have signed up for the Watercolor Painting Classes, the April classes are scheduled for April 1, 8, 15 and 22. Each session will run for approximately two hours from 1 PM to 3 PM.

Note: April 22nd class is the last class in this series.

COA Upcoming Events**"Know the Ten Signs– Early Detection Matters" Presented by Jennifer Hoadley**

The Berkley COA is excited to offer this Alzheimer detection awareness program.

As we age, there can be changes to our memory. Yet, memory loss or behavior changes severe enough to disrupt daily life are not a typical part of aging. Knowing the 10 Warning Signs can help determine if it's important to speak to your doctor and get a diagnosis for yourself or someone you care about.

Register now by calling the COA at (508) 821-3105 and join us on **May 19th at 2 PM** at the Myricks Congregation Church Hall to learn more about Alzheimer's and its symptoms.

Other Community Activities

The Friends of the Berkley Council on Aging: Meetings are usually scheduled for the 1st Thursday of the month at 11:30 AM at the Berkley Congregational Church.

The next scheduled meeting of the Friends of the Berkley Council on Aging, however, is scheduled for Thursday April 16 at 11:30 AM.

Please note that anyone of any age can join the Friends. For more information contact Jackie Arnoe at 508-822-9634.

"Happy Hearts" meet every week at the Myricks Methodist Church, Rt. 79 on Mondays at 1:30 p.m. New members are always welcomed. If you are a senior and interested in joining this fun group, you can contact Roberta StYves @ 508-386-2047 for more information.

Other Community Events Continued

Free Dental Screening Clinic for Seniors!

Saturday, May 9, 2015

8:45 a.m. – 1:00 p.m.

Attleboro Council on Aging

Rev. Larsen Senior Center, 25 South Main Street

Dental professionals at the clinic will:

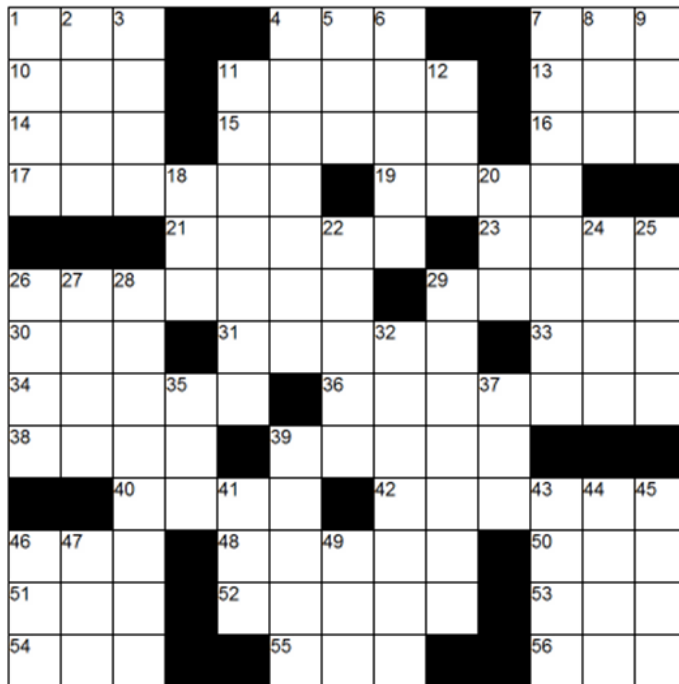
- Diagnose dental problems
- Check for oral cancer
- Talk one-on-one about taking care of teeth, gums, and dentures
- Discuss nutrition choices
- Clean dentures using a specialized machine
- Label dentures to prevent loss
- Sign up eligible low-income seniors for a low-cost dental program

The clinic is open to anyone aged 60 years and over.

To schedule your **free** appointment at the screening, call the Attleboro Council on Aging at **(774)-203-1906**.

The Free Dental Screening clinic has been underwritten by a grant from the Attleboro Rotary Club and is funded in part by a grant from Bristol Elder Services, Inc. through contracts with the Massachusetts Executive Office of Elder Affairs and by a grant from United Way of Greater Attleboro/Taunton.

Monday	Tuesday	Wednesday	Thursday	Friday
April 2015				
		1 10:00 AM line Dancing Congregational Church _____ Water Color Class Session 3	2	3 No Aerobics-School Holiday
6 7:45 am Aerobics Berkley Community School	7 9.00 AM - Yoga Berkley Congregational Church Hall	8 10:00 AM line Dancing Congregational Church _____ Water Color Class Session 4	9	10 7:45 am Aerobics Berkley Community School
13 7:45 am Aerobics Berkley Community School	14 9.00 AM - Yoga Berkley Congregational Church Hall _____ 1 PM Bingo Myricks Church Hall	15 10:00 AM line Dancing Congregational Church _____ Water Color Class Session 5	16	17 7:45 am Aerobics Berkley Community School
20 No Aerobics-School Vacation	21 9.00 AM - Yoga Berkley Congregational Church Hall	22 9:30—10:30 AM Food Distribution Water Color Class Session 6 Myricks Church Hall _____ 10:00 AM line Dancing Congregational Church	23	24 No Aerobics-School Vacation
27 7:45 am-Aerobics Berkley Community School	28 9.00 AM - Yoga Berkley Congregational Church Hall	29	30	<i>Happy Easter</i> _____ 



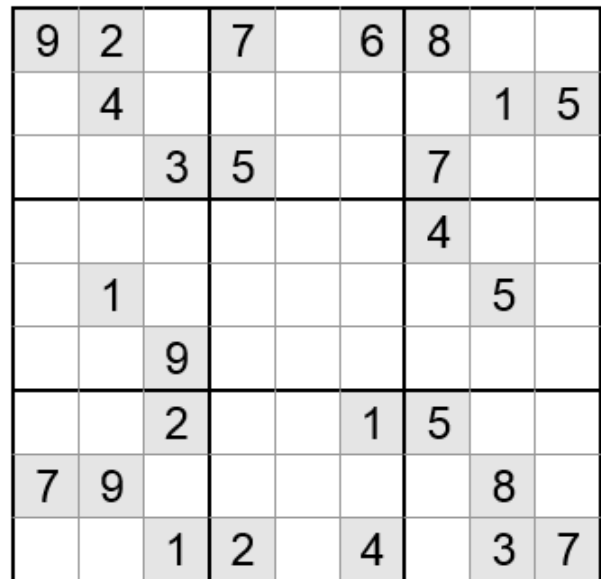
ACROSS

- 1 Discs
- 4 Popular president's initials
- 7 Cab
- 10 Sign of the zodiac
- 11 Adhesives
- 13 Roberto's yes
- 14 Boxer Muhammad
- 15 After shower attire
- 16 Klutz
- 17 Filch
- 19 Vale
- 21 Join
- 23 Fats
- 26 US invasion site
- 29 Computer phone
- 30 Not (refix)
- 31 Country house
- 33 African antelope
- 34 Use
- 36 Devout
- 38 Compass point
- 39 Speak without preparation
- 40 Vault
- 42 Flask
- 46 Last day of the wk.
- 48 Sticky
- 50 Street abbr.
- 51 Billion years
- 52 Influential person
- 53 Pod vegetable
- 54 Electroencephalograph (abbr.)
- 55 24 hours
- 56 Make a mistake

DOWN

- 1 Thunder ____
- 2 Restaurant
- 3 Mold
- 4 Peninsula state
- 5 Give a nickname to
- 6 Full of swamp grass
- 7 President Calvin ____
- 8 Wing
- 9 Game official
- 11 Hand bomb
- 12 South southeast
- 18 Happiness
- 20 Lavatory
- 22 Braved
- 24 Telescope viewer
- 25 Indecent language
- 26 African antelope
- 27 Love flower
- 28 Rendering able
- 29 ____ Monroe
- 32 Midway
- 35 "To the right!"
- 37 BB association
- 39 Louse
- 41 Enact
- 43 Goggle
- 44 Terminated
- 45 Come close to
- 46 Fixed charge
- 47 Seafood
- 49 Terminal abbr.

Sudoku



ANSWERS

[illegible]

9	2	5	7	1	6	8	4	3
6	4	7	3	2	8	9	1	5
1	8	3	5	4	9	7	2	6
2	3	6	1	8	5	4	7	9
4	1	8	9	6	7	3	5	2
5	7	9	4	3	2	1	6	8
3	6	2	8	7	1	5	9	4
7	9	4	6	5	3	2	8	1
8	5	1	2	9	4	6	3	7

Council on Aging
1 North Main Street
Berkley, MA 02779

Return service requested

PRESORTED
STANDARD
U.S POSTAGE
PAID
TAUNTON
PERMIT NO. 73

*The distribution of this
newsletter is made possible
by a grant from the
Massachusetts Executive
Office of Elder Affairs*

Massachusetts Rehabilitation Commission (MRC)

A **durable medical equipment** reuse program, called REquipment, is being operated in the Greater Boston and central Massachusetts regions. This program collects and reassigns medical equipment to children, elders and adults with disabilities in need at no cost.

REquipment (MRC/MassMATCH) Provides refurbished, gently used wheeled mobility, lifts and other DME free to people of all ages. Delivery available in the Greater Boston and Central MA. Search inventory of reuse items at www.dmerequipment.org.

If you have any additional questions please feel free to contact the program manager , Randi Sargent.

(e) Randi.sargent@dmerequipment.org

(p) 617-204-3626

Easter Sunday Dinners

For over two decades Easter Sunday dinners have been prepared and delivered to area folks on Easter Sunday by a group of dedicated people from the two churches in town and many other friends.

If you, or someone you know, could use a traditional dinner and a little visit on Easter Sunday please contact Diane Ennis at 508-942-0505.