



BERKLEY COUNCIL ON AGING NEWSLETTER

DECEMBER 2017

BOARD MEMBERS:

Chair - Donna L. Benoit; Vice Chair - Vacant; Treasurer - Vacant;
Secretary/Programs - Priscilla Martin; Committees Coordinator - Mary Silva; Member,
Nancy Thompson. Anyone interested in joining the Board should contact the
COA at 508-821-3105.

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.

UPCOMING COA EVENTS

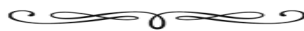
Holiday Luncheon - Saturday, December 2 - Noon

**Berkley Community School -
entertainment by SBRHS Chorus
Limited seating
Call COA if interested**

REMINDER

If you will be away during the winter and having mail forwarded, the post office will not forward this newsletter because it is sent bulk mail. You can read the newsletter online on the Town website. If your newsletter is returned to us from the post office, we will remove your name from the mailing list. They charge us to return the newsletters! When you return home, contact the COA and have your name added again.

**CONGRATULATIONS TO SCOTT FOURNIER
OUR NEW FIRE CHIEF !**



Turning 65 This Year?

Medicare and supplemental insurance choices can be confusing. Let Lucille, our outreach worker, help you. She knows all the ins and outs! Call her at 508-821-3105.



Important Phone Numbers

FIRE/ POLICE

MEDICAL

911

Attorney General's

Elder Hotline

(10-5) M-F (888) 243-5337

Berkley

Council on Aging

(508) 821-3105

CouncilOnAging.com

Bristol Elder Services

(508) 675-2101

Citizens for Citizens

(508) 823-6346

Food/Rent/Mortgage

Assistance (508) 823-6346

Fuel Assistance

(508) 679-0041

MA Council on Aging

www.mcoaonline.com

SHINE

(508) 821-3105

State Rep. KEIKO M. ORRALL

**9:30—10:30 a.m., Town Hall
1st Monday of each month**

State Sen. MARC R. PACHECO

**11:00 a.m.— 12:00 noon,
Town Hall
3rd Tuesday of each month**

Veterans Services

Donald Hirschy

(508) 669-4524

Winter Safety Tips

To avoid damage in your home from frozen pipes and/or ice dams, consider the following:

During cold spells, keep cabinet doors open to allow warm air to circulate around pipes, particularly those in the kitchen and bathrooms.

Keep a slow trickle of water flowing through faucets connected to pipes that run through unheated or unprotected spaces.

A better idea would be to wrap water pipes in your basement or crawl spaces with insulation sleeves to slow heat transfer.

Water from melted snow on your roof can refreeze in the gutters and seep in under the roof, causing major damage in your home from the ice dams that form. To avoid ice dams, ventilate your attic and insulate the attic floor well to minimize the amount of heat rising through the attic from within the house.

As an added precaution, have a contractor check your roof to see if it would sustain the weight of a heavy snowfall.


Winter Fire Safety Tips

Winter is a time when household fires occur because heating systems are turned on. It is a good time to remember to:

- ♦ Buy and install smoke alarms on every floor of your home.
- ♦ Test smoke alarms monthly.
- ♦ Practice fire drills with your family.
- ♦ Install a carbon monoxide detector outside bedrooms.
- ♦ Place space heaters on a level, hard surface at least three feet away from anything that could burn such as paper, clothing, bedding, curtains or rugs, and turn them off when leaving the room or when you are sleeping.

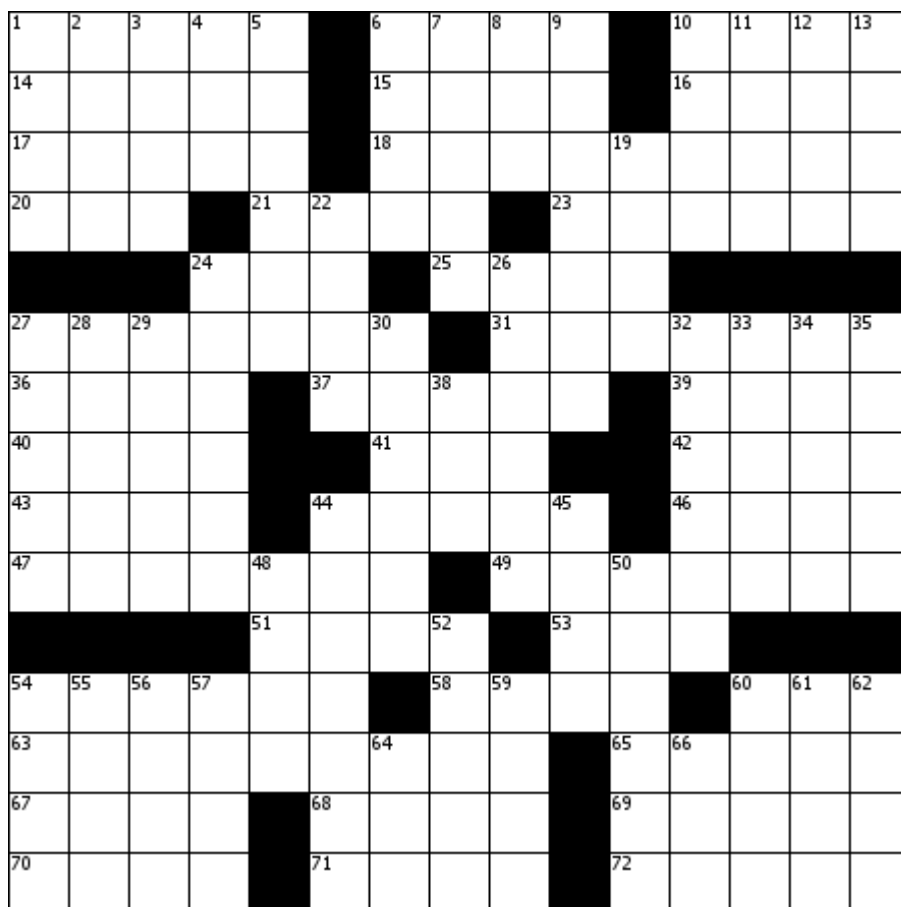


2017

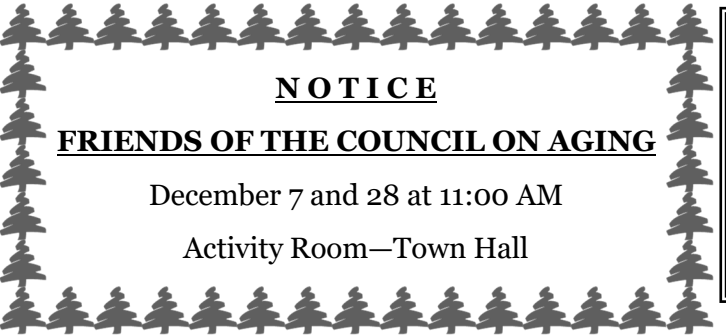
Monday	Tuesday	Wednesday	Thursday	Friday
				1
				8:15 AM - Aerobics ***** 2 Noon - Holiday Luncheon - Community School
4	5	6	7	8
8:15 AM - Aerobics 10:00 AM - Mah Jongg 1:00 PM - Happy Hearts	9:00 AM - Yoga 10:30 AM - Tai Chi 11:30 AM - Quilting	10:00 AM - Line Dance	10:00 AM - Tai Chi 11:00 - Friends of COA 1:00 PM - COA meeting	8:15 AM - Aerobics
11	12	13	14	15
8:15 AM - Aerobics 10:00 AM - Mah Jongg 1:00 PM - Happy Hearts	9:00 AM - Yoga 10:30 AM - Tai Chi 11:30 AM - Quilting 1:00 PM - Bingo	10:00 AM - Line Dance	9:00 AM - Tai Chi	8:15 AM - Aerobics
18	19	20	21 Winter begins !	22
8:15 AM - Aerobics 10:00 AM - Mah Jongg 1:00 PM - Happy Hearts	9:00 AM - Yoga 10:30 AM - Tai Chi 11:30 AM - Quilting	9:00 AM - Food Distribution & Health Clinic 10:00 AM - Line Dance	10:00 AM - Tai Chi	8:15 AM - Aerobics
25 Closed	26 Closed	27	28	29
		10:00 AM - Line Dance	10:00 AM - Tai Chi 11:00 - Friends of COA	***** 31 - Happy New Year 

Across

- **1.** Rocking ____
- **6.** Apex
- **10.** ____ McEntire of country music
- **14.** Pound part
- **15.** Business abbr.
- **16.** Strong metal
- **17.** Doctrine
- **18.** Water ____ (like some watches)
- **20.** Compass reading (abbr.)
- **21.** Stunned
- **23.** Taunts
- **24.** Snow runner
- **25.** Peruse
- **27.** Roads
- **31.** Most favorable
- **36.** MGM's symbol
- **37.** Stern
- **39.** Fatigue
- **40.** Spanish water
- **41.** Lean's opposite
- **42.** Japan's continent
- **43.** Bird's home
- **44.** Fathers
- **46.** Not as much
- **47.** More environmentally friendly
- **49.** Person on a pension
- **51.** Buffalo's lake
- **53.** Curve
- **54.** Most sensible
- **58.** Barn ornament
- **60.** Pull apart
- **63.** Enjoyable things
- **65.** Bullwinkle, for one
- **67.** Consumes
- **68.** Skating arena
- **69.** More peculiar
- **70.** Went by horse
- **71.** Foreman
- **72.** Adjust again

**Down**

- **1.** Folding beds
- **2.** Tones
- **3.** Diarist ____ Frank
- **4.** Polar sight
- **5.** Seize back
- **6.** Farm measure
- **7.** Female students
- **8.** Mr.'s mate
- **9.** Tombstone inscription
- **10.** Actress ____ Hayworth
- **11.** Time periods
- **12.** Skeleton part
- **13.** Industrious insects
- **19.** Forwarded
- **22.** "Gone ____ the Wind"
- **24.** Lawmaking body
- **26.** Fellow leading actor
- **27.** Street talk
- **28.** Golfer ____ Woods
- **29.** Awaken
- **30.** African tour
- **32.** Kind of type
- **33.** Stingy one
- **34.** Ascend
- **35.** Tenant's document
- **38.** Knock sharply
- **44.** Bother
- **45.** Actor ____ Connery
- **48.** Monster's loch
- **50.** Earth vibration
- **52.** Levels
- **54.** Goad
- **55.** Besides
- **56.** Deficiency
- **57.** Lighten
- **59.** Inquires
- **60.** Poles
- **61.** Understood! (2 wds.)
- **62.** Jaunty
- **64.** ____ de Janeiro
- **66.** Lyric poem



NOTICE

FRIENDS OF THE COUNCIL ON AGING

December 7 and 28 at 11:00 AM

Activity Room—Town Hall

HAPPY HEARTS

Meet every Monday

1:00 p.m.

Activity Room - Town Hall

For info call: Lorraine Judge,

at 508-672-2892

No meetings July and August.

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

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

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

Winston Churchill – since light travels faster than sound, some people appear bright until you hear them speak.

Council on Aging
1 North Main Street
Berkley, MA 02779

Return service requested

PRESORTED STANDARD

U.S POSTAGE PAID
TAUNTON, MA

PERMIT NO. 73

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



***Peace
on
Earth***