



Berkley Council On Aging Newsletter

December 2018

BOARD MEMBERS:

Chair - Joan Blake; Vice Chair - vacant; Treasurer - Margret Clark-Moroff; Committees Coordinator - Mary Silva;
Program Coordinator and Acting Secretary- Nancy Thompson

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.

Up coming events

- Tuesday, December 4th : Bus trip to LaSalette Shrine to see the Christmas Lights. Must have a reservation (call 508-821-3105). Bus leaves promptly at 5:00 PM from the COA. \$14.00 for out of town guests.
- Wednesday, December 5th: Ceramics class : Sleigh! 1:00 PM—3:00 PM, free to Berkley seniors and \$18 for our senior out of town guests.
- Saturday, December 8th COA Christmas Luncheon, noon at Berkley Middle School. No cost to Berkley seniors. Call 508-821-3105 for a reservation by Dec . 1st.
- Monday, December 10th we will be making de-Coupage Bird Houses! Come join us, 1:00-3:00! No cost to Berkley seniors, \$20 for out of town seniors.
- Wednesday, December 19th we will be making mosaic garden stones. 1:00-3:00. No cost for Berkley seniors, \$20.00 for out of town seniors.
- Wednesday, Dec 12th we will have a holiday Pizza Party at noon, followed by a Holiday Movie. Call 508-821-3105. No charge for Berkley seniors, \$5.00 for out of town seniors.
- On **May 16th 2019**, we will be traveling to a Pawtucket Red Sox game. It is a long way off but please sign up if interested. There are 56 spots. This will include premium seating (handicapped seating will also be available if needed) a hot dog, soda, chips and a Pawtucket Red Sox hat as well as bus transportation from across the street from the COA. No cost to Berkley seniors .

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@berkleyma.us

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

Fun was had by all at
our Ceramic Class.
We painted beautiful
light up Christmas
trees!



Join us for
the ceramic
sleighs!

Fun was had
by all with
the trees!

December 5th

1:00—3:00



Across

- 1. Closing-night partiers
- 5. Mine in France
- 9. Financial advice guru Suze
- 14. Buck attachment
- 15. Times Square light
- 16. Revered person
- 17. "Crossfire," e.g.
- 20. Understand
- 21. ____ generis
- 22. Send forth
- 23. Bush and Clinton, once
- 25. Sign of stress?
- 27. Remote button
- 31. Garage band production
- 32. Fairy queen
- 33. Long slender feather
- 38. Doc, for one
- 40. Fashion monogram
- 42. Left only the meat
- 43. It might be blue
- 45. Sinuous swimmer
- 47. Prepare for a photo
- 48. Cross-examiner's demand, perhaps
- 51. Sack time
- 55. Final Four org.
- 56. Carson successor
- 57. Peas/pod connection
- 59. Highest point
- 63. Browser feature
- 66. Pool member
- 67. God of love
- 68. Naturalness
- 69. Nag
- 70. Drop off
- 71. High-sounding

Down

- 1. Leg part
- 2. Geometric calculation
- 3. Toothbrush type
- 4. Front and center
- 5. Belief that all natural objects have souls
- 6. Ryan or Tilly
- 7. Exclaims in amazement
- 8. Know by cognition
- 9. Lyric poem
- 10. "____ Without a Cause"
- 11. Hurricanes' university
- 12. Loft
- 19. Get rid of
- 24. Influence
- 26. Captain of fiction
- 27. Likelihood
- 28. Small salamander
- 29. Actor Epps
- 30. "Ghosts" writer
- 34. Avoids trial
- 35. Start for it all or nothing
- 36. majestic
- 37. River of Germany
- 39. Bonnie, to Clyde's Warren
- 41. Folk star Redbone
- 44. Enter
- 46. Sugar variety
- 49. Detected
- 50. Perform perfectly
- 51. Type of fund
- 52. Informed about
- 53. Subordinate to
- 54. Porky and Petunia, for two
- 58. Prefix with phobia
- 60. Skier's transport
- 61. Drying oven
- 62. Quarry
- 64. Tribulation
- 65. "Frasier" producer

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Fun was had by all at
our Ceramic Class.
We painted beautiful
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9	2	4	8	1	5	3	7	6
8	6	5	7	3	4	9	2	1
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6	4	9	2	5	8	7	1	3
5	9	6	1	8	3	2	4	7
2	1	3	5	4	7	6	8	9
4	7	8	6	9	2	1	3	5

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Daily SuDoku: Wed 7-Nov-2018

easy

PLEASE

If you sign up for an activity and find you are unable to attend, please call and cancel. While, events may say free to Berkley seniors, that is because the COA is paying for it. We sometimes have a waiting list because an activity is filled up, let us give your space to someone else! THANK YOU!

MAH JONG

Mahjong is a tiled based game that was developed in China during the Qing dynasty and has spread throughout the world since the 20th century. It is commonly played by four players. The game and it's regional variants are widely played throughout Eastern and South Eastern Asia and have become popular in Western countries too. The game has also been adapted into a widespread online entertainment. Similar to the Western card game rummy, Mahjong is a game of skill, strategy and calculation and involves a degree of chance.

Come join us on Mondays at 10:00 AM and develop a new skill, or improve an old one.



Come paint your sleigh on Wednesday December 5th at 1:00!

Call for a reservation!! 508-821-3105

Remember: If there is not school in Berkley or Taunton due to stormy weather, the center will be closed.

Winter Weather Reminders:

Make sure you have sufficient medication on hand in case you are unable to get out for refills.

Prepare an emergency preparedness kit, include battery operated lamps, extra batteries, a battery or hand operated radio. Emergency contact numbers, a supply of bottled water, if you have a landline where you use a cordless phone, keep a landline phone that can plug into the phone jack. Keep your cell phone charged, and add a cell phone charger which should be fully charged before a storm. You should also have a well stocked first aid kit.

During a storm, try to stay home. Arrange prior to the storm to have someone shovel and plow for you. Have sand on hand to keep your walkway safe. Be careful and wary of BLACK ICE.

Have a supply of staples that you can eat without having to use electricity to heat it up.

Have a Warm and Safe Winter!!!!!!!!!!



DECEMBER

2018

Monday	Tuesday	Wednesday	Thursday	Friday
1 Aerobics 8:15 Mah Jong 10:00 Happy Hearts 12:30	2 Yoga 9:00 Tai Chi 10:30 Quilting 11:30 5:00 pm Bus to LaSalette	5 Body In Motion 10:00 !1:00-3:00 Ceramic Sleighs	6 Tai Chi 10:00 Friends 11:30 COA 12:30 Bridge 2:00	7 Aerobics 8:15 Coffee Chat 9:15
10 Aerobics 8:15 Mah Jong 10:00 Decoupage Bird Houses 1:00	11 Yoga 9:00 Tai Chi 10:30 Quilting 11:30 Bingo 1:00	12 Body In Mo- tion 10:00 Pizza Party 12:00 Movie 1:00 see below	13 Tai Chi 10:00 Bridge 2:00	14 Aerobics 8:15 Coffee Chat 9:15
17 Aerobics 8:15 Mah Jong 10:00 Happy Hearts 12:30	18 Yoga 9:00 Tai Chi 10:30 Quilting 11:30	19 Body In Motion 10:00 Food Distribu- tion & Health Clinic 10:00 1:00 Mosaic Garden Stones	20 Tai Chi 10:00 Bridge 2:00 Friends 11:30	21 Aerobics 8:15 Coffee Chat 9:15
24 CHRISTMAS EVE Center closed	25 CHRISTMAS	26 Body In Mo- tion 10:00	27 Tai Chi 10:00 Bridge 2:00	28 Aerobics 8:15 Coffee Chat 9:15
30 Aerobics 8:15 Mah Jong 10:00 Happy Hearts 12:30	31 Yoga 9:00 Tai Chi 10:30 Quilting 11:30	Movie: Sav- ing Christmas w/ Ed Asner	A comedy!	Join us December 12th to see this holiday hit!

Council on Aging
1 North Main Street
Berkley, MA 02779

PRESORTED STANDARD

U.S POSTAGE PAID
TAUNTON, MA

PERMIT NO. 73

RETURN SERVICE REQUESTED



MAH JONG