



Berkley Council On Aging Newsletter

December 2019

BOARD MEMBERS:

Chair - Margaret Clark-Moroff; Acting Secretary– Nancy Thompson;
Member– Loretta Marshall

Associate Members: Mary Shilonski,

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

Dec 5 Podiatry by appointment only

Dec 6 Fire Prevention For Seniors 10:30 AM

Dec 14 COA Holiday Luncheon Party

12 noon at Berkley Middle School for Berkley residents and invited guest only

We are always looking for new members could it be you !

**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

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Food/Rent/Mortgage

Assistance (508) 823-6346

Fuel Assistance

(508) 679-0041

-

MA Council on Aging

www.mcoaonline.com

SHINE

(508) 821-3105

State Senator Marc Pacheco

District Office 508-822-3000

State House 617-722-1551

State Rep. NORMAN ORRALL

9:30—10:30 a.m., Town Hall

1st Monday of each month

Veterans Services

Donald Hirschy

(508) 669-4524

Happy Holidays Berkley Friends,

This is a very busy time of the year, people are rushing about. But please don't forget about your own health, don't overdo, get plenty of rest and eat as healthy as possible. We want you to enjoy the holiday season as well.

We also have a chance to look forward to the coming year, when everything is fresh and new.

The coming year should be fun, we hope to be offering new groups (suggestions are welcome) and thus making new friends and learning new things.

A reason to get out of the house, get a change of scenery, exercise the body and brain.

Hope to see you in 2020.

Cindy COA Director

TRIVIA QUESTION:

Where was the first ribbon candy

Invented in the US ?

A: F.B. Washburn Company Brockton, Mass

News Briefs:

- * Save January 8, 2020 on your calendar we will be having a Stamping Workshop
- * We will be having some boxes for a coupon exchange center—bring in coupons you don't use, take some you need.
- * We will be having once a month on Fridays games such as Scrabble, Uno, cards. All are welcome to join us for some friendly competitions.

EVERYBODY COUNTS:

A reminder 2020 is a census year we need to answer the census, this is how cities and town get their monies. They will look at the senior population and the town gets so much per senior for programs. The amount has gone up per person since last census count. So stand up and be counted.

REMINDER: TIME IS RUNNING OUT

Medicare Open Enrollment will be closing December 7.

If you have questions or need assistance please call Lucille your S.H.I.N.E representative at the COA on Wednesdays, or leave Message. The new fuel assist income of levels are now available. Serving Health Information Needs of Everyone

Did you Know?

"Jingle Bells" was not originally written as a Christmas song at all. It was penned by James Lord Pierpont in the 1850s as a way to celebrate Thanksgiving. By the way, he came from Medford, MA before moving to Savannah, GA. The song was originally called "The One Horse Open Sleigh" then in 1857 it was renamed to "Jingle Bells". It made history again on December 16, 1965, becoming the first song broadcast in space. The crew of Gemini 6 followed reports of seeing Santa Claus with an improvised version of "Jingle Bells", which included bells and a harmonica that they snuck onboard.

Christmas

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

ANGEL	FRUITCAKE	MANGER	SNOWFLAKES	
BELLS	GABRIEL	MARY	SNOWMAN	
BETHLEHEM	GIFTS	MISTLETOE	STABLE	FRIENDS
CANDLES	GOLD	MYRRH	STAR	
CANDY CANE	GREETING CARDS	ORNAMENTS	STOCKING	
CAROLS	HOLLY	POINSETTA	THREE WISE MEN	
DECORATIONS	ICICLES	SANTA	TOBOGGAN	
EGGNOG	JESUS	SHEPHERDS	TOYS	
FAMILY	JOSEPH	SKATES	TREE	
FRANKINCENSE	LIGHTS	SLEIGH	WREATH	

December is a great time of the year ,when we can learn more about other cultures in our Community. Some prefect examples are Hanukkah and Kwanzaa.

Hanukkah: Is an 8 day Jewish celebration . Hanukkah means dedication in Hebrew ,which Hanukkah commemorates the rededication of the second temple in Jerusalem, during the second century B.C.. It is often referred to as the Festival of Lights. They had oil enough for one day and it lasted 8 nights. The candles of Hanukkah are put into a candle holder called a menorah, the menorah holds nine candles. The ninth candle is called the shamash (helper) and it is used to light the others. Each evening at sundown a candle is lit and prayers are recited.

Like all cultures they serve special foods like latkes (potato pancakes), and sufganiyot (jam filled donuts). Children play a game with dreidels which is a four sided spinning top. They usually exchange 8 small gift, one each day, rather then a big present.

Kwanzaa: Is a 7 day celebration, it is actually a combined aspect of several different harvest celebrations. Kwanzaa means first fruits in Swahili. They light seven candles one a night each representing a different principle. The candleholder is called a Kinara. There are 7 candles used 1 black, 3 red and 3 green.

The first night the center black candle is lit representing UNITY or your community.

2nd night a red candle is lit representing SELF-DETERMINATION defining yourself speaking for yourself.

3rd night a green candle representing COLLECTIVE WORK and RESPONSIBILITY build our community together , solving problems together.

4th night red candle represents COOPERATIVE ECONOMICS maintain our stores, shops and other businesses.

5th night green candle represent PURPOSE our collective building and developing of our community.

6th night red candle represents CREATIVITY to always do as much as you can in order to leave our community more beautiful and beneficial than we inherited.

7th night green candle represents FAITH believe with all your heart in people.

We are looking for people to send Christmas cards to Veterans, there is a box in the COA room you can drop your cards in and they will be delivered to area Veterans.

There is also a box in the town hall, they are collecting gifts for homeless Veterans , items like toothpaste, body wash, bar soaps, bath towels , wash clothes, deodorants, snacks, hot chocolate packages, cereals (hot and cold), canned coffee and socks.

HEALTH REMINDER:

4 Ways to stay healthy during flu season:

- 1. Wash your hands frequently — use hot soapy water, scrub hands thoroughly. Or use hand sanitizer when water isn't available.**

Experts say you should wash your hands long enough to sing a chorus of Yankee Doodle Dandy or Happy Birthday.

- 2. Practice healthy living** —Exercise, healthy diet, a good nights sleep, hydration.

- 3. Limit Personal Contact**— Shaking hands, hugging.

- 4. Avoid touching your face**—You don't realize how often you touch your face throughout the day especially your eyes, mouth and nose. They are all warm moist areas perfect breeding grounds for the flu.

Have you ever wondered what Boxing Day on the December calendar meant?

It is celebrated the day after Christmas in England, Australia, Canada, and New Zealand. Where it is a legal holiday.

Churches use to open their collection boxes to the poor. Today the giving boxes are filled with food and clothing for the needy ,as well as performing volunteer work.

This also gave the servants who would of course work on Christmas day (think Downton Abbey) the day off to celebrate.

Looking for anyone that plays any instruments (especially the piano) that might like to get together to sing some Christmas carols or just the oldies but goodies. Call Cindy at 508 821-3105.

DECEMBER 2019

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 8:15 Aerobics 9 Italian 10 Mah Jong 12:30 Happy Hearts	3 9:00 Yoga 10:30 Tai Chi 11:30 Quilting 1 BINGO	4 10 Body In Motion	5 Podiatrist 8-12 Pop up Library 9:30 Tai Chi 11 COA Mtg	6 8:15 Aerobics 9:30 Chair Yoga 10:30 Fire Prevention	7
8	9 8:15 Aerobics 9 Italian 10 Mah Jong 12:30 Happy Hearts	10 9 Yoga 10:30 Tai Chi 11:30 Quilting	11 10 Body In Motion	12 8-12 Pop up Library 9:30 Tai Chi 2 Bridge	13 8:15 Aerobics 9:30 Chair Yoga 10:15 Coffee Chat	14 Noon Holiday Party
15	16 8:15 Aerobics 9 Italian 10 Mah Jong 12:30 Happy Hearts	17 9:00 Yoga 10:30 Tai Chi 11:30 Quilting Manicures 1 BINGO	18 10 Body In Motion	19 8-12 Pop up Library 9:30 Tai Chi 2 Bridge	20 8:15 Aerobics 9:30 Chair Yoga 10:15 Coffee Chat 11:00 Games	21
22 Winter Begins	23 8:15 Aerobics 9 Italian 10 Mah Jong 12:30 Happy Hearts	24 9:00 Yoga 10:30 Tai Chi 11:30 Quilting 1 Christmas Gathering	25 Closed MERRY CHRISTMAS	26 8-12 Pop up Library 9:30 Tai Chi 2 Bridge	27 8:15 Aerobics 9:30 Chair Yoga 10:15 Coffee Chat	28
29	30 8:15 Aerobics 9 Italian 10 Mah Jong 12:30 Happy Hearts	31 9:00 10:30 Tai Chi 11:30 Quilting				

Council on Aging
1 North Main Street
Berkley, MA 02779

PRESORTED STANDARD
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RETURN SERVICE REQUESTED

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*Happy
Holidays
To
Everyone*