



THE BERKLEY BEACON



Berkley Council On Aging 1 North Main St (Town Hall) Newsletter February 2020

BOARD MEMBERS: Chair - Margaret Clark-Moroff; Acting Secretary – Nancy Thompson; Board Member– Loretta Marshall,
Associate Members: Mary Shilonski,
Director—Cynthia Crimlisk

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



February 5 Craft Corner sign up

February 6 11:00 AM COA Meeting



February 6 Podiatry please call for appointment

February 12 Sweetheart Party RSVP

February 19 Ceramics sign up

February 25 Manicures by appointment

February 26 9:00 AM Brown Bag

WE are always looking for new FRIENDS; could that 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

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

Hi Friends,

As you may have noticed our newsletter now has a name THE BERKLEY BEACON.

I choose Berkley Beacon because a beacon shines to help people, show them the way to a safe harbor, and helps sailors get their bearings exactly what the Berkley COA is here to do for you. We are here to help you stay independent, socially engaged and an informed senior allowing you to remain safe in your homes.

I really appreciate those of you that responded to my survey. It helps me to plan groups you want to attend. I am looking into several outings that I think you'll enjoy.

Cindy COA Director

TRIVIA QUESTION:

Who was the considered to be the Mother of Valentines?

Valentines in America in the 1840's

A. Esther A. Howland, she began selling the 1st mass produced

News Briefs:

* Looking for people interested in playing chess. A request has been made by a local gentleman.

- Berkley's Elder Affairs Police officer; her name is Officer Catherine Connolly, we are looking forward to getting to know her.
- The Friends of Berkley COA are sponsoring a trip to the Boston Flower & Garden Show, lunch included on Thursday, March 12, \$60.00 per person. Space is limited so make reservations as soon as possible.
- The Italian class has been well received and quite enjoyable. Classes will start again in March, all are invited to join. Classes are Monday mornings at 9.
- Brown Bag Program is available to any Berkley resident, it provides a free bag of healthy groceries to eligible seniors the 4th Wednesday of the month.

Income guidelines 1 person \$1,860, 2 people \$2,504, 3 people \$3,149 and 4 people is \$3,793. Call 508 821-3105 for assistance.

* There is the possibility of some changes coming in March. We are looking to expand our offering to improve your health and welfare. But as you know prices are not what they use to be. So staying with the times we are looking at possible set fees for the groups we offer. Nothing outrageous but something to help cover our expenses to instructors and supplies.

REALLY EVERYBODY COUNTS:

Interested in being a census taker, they are looking for help. They arrange for you to stay local within 5-10 miles of home.

A reminder 2020 is a census year; **we need you** 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:

If Taunton and or Berkley schools are closed due to snow. There is no COA. We don't want people to travel on unsafe roads and risk having an accident.



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

The Movie Titanic

BRITISH

BROCK

CAL

DICAPRIO

DISASTER

FABRIZIO

ICEBERG

JACK

LIZZY

LOVE

MAIDEN VOYAGE

MOVIE

NORTH ATLANTIC

OCEAN

PASSAGER LINER

ROMANCE

ROSE

RUTH

SPICER

WINSLET

We want **ALL** Berkley seniors, as well as surrounding area seniors , to feel welcome to come to the Berkley COA located in the Berkley town hall. There are no stairs, we have a wheelchair ramp easily assessible for wheelchairs or walkers, or any other mobility item. We currently offer 2 aerobics classes working at your ability level , 2 tai chi classes, yoga, chair yoga with stretching and relaxing all while sitting in your chair, body in motion to help keep you flexible and steady on your feet.

There are lessons offered to learn Italian; want to learn to quilt we have a group that meets on Tuesdays, with bridge offered on Thursday afternoons.

In the coming months there will be craft corners offering crocheting, plastic canvas, cake decorating, maybe even the old fashioned sugar eggs (remember those you looked inside), nutritional talks , then something really fresh and unexpected, in March we will be trying Lizzie Borden to see if she did it or not.

We want as many jurors (that's You) as possible. So please come in and join the fun.

Should you have any questions please feel free to call 508 821 -3105.



Happy Hearts is a Senior Social Club for Berkley and the surrounding areas. They meet every Monday at 12:30, at Berkley COA, unless it's a Monday holiday. They play bingo, have penny sales, go out to lunch, as well as go on outings.

So come make new friends or visit with old friends.

Any questions you may have can be answered by calling President Loretta Marshall at 508 880-5138

HEALTH REMINDER:

We love to see you at the COA center, but if you aren't feeling well PLEASE stay home.

4 Ways to stay healthy during flu season, which is now starting to spread throughout the state and clogging emergency rooms. If you do get sick it is quicker to go to your doctor or an urgent care center. If however you have breathing issues or heart conditions then by all means go to the emergency room.

1. Wash your hands frequently
2. Practice healthy living
3. Limit Personal Contact
4. Avoid touching your face



SAFETY INFORMATION REMINDER:

The Silent Call Procedure

If you need to call 9-1-1 and you are unable to speak for any reason, once the call is answered:

Press 1 if you need POLICE

Press 2 if you need FIRE

Press 3 if you need an AMBULANCE

If the 9-1-1 dispatcher asks questions,

Press 4 for YES

Press 5 for NO

FEBRUARY 2020

SUN	MON	TUE	WED	THU	FRI	SAT
508 821-3105 COA			Lucille from SHINE here On Wednesdays			1
2 Super Bowl Game 	3 8:15 Aerobics 10 Mah Jong 12:30 Happy Hearts	4 9 Yoga 10:30 Tai Chi 11:30 Quilt- ing	5 10 Body In Motion 11 Craft Corner	6 8-12 Pop up Library 9:30 Tai Chi 11 COA MTG 2 Bridge	7 8:15 Aerobics 9:15 Chair Yoga 10:15 Coffee Chat 11 Games	8
9	10 8:15 Aerobics 10 Mah Jong 12:30 Happy Hearts	11 9 Yoga 10:30 Tai Chi 11:30 Quilting 1 BINGO	12 10 Body In Motion 12 Sweetheart Party	13 8-12 Pop up Library 9:30 Tai Chi 2 Bridge	14 8:15 Aerobics 9:15 Chair Yoga 10:15 Coffee Chat Valentine 's Day 	15
16	17 Presi- dents' Day CLOSED	18 9 Yoga 10:30 Tai Chi 11:30 Quilt- ing	19 10 Body In Motion 1 Ceramics Shamrock Dish	20 8-12 Pop up Library 9:30 Tai Chi 2 Bridge	21 8:15 Aerobics 9:15 Chair Yoga 10:15 Coffee Chat 11 Games	22
23	24 8:15 Aerobics 10 Mah Jong 12:30 Happy Hearts	25 9 Yoga 10:30 Tai Chi 11:30 Quilting Manicures 1 BINGO	26 9 Brown Bag 10 Body In Motion Ash Wednesday	27 8-12 Pop up Library 9:30 Tai Chi 2 Bridge	28 8:15 Aerobics 9:15 Chair Yoga 10:15 Coffee Chat	29 LEAP YEAR DAY

Council on Aging
1 North Main Street
Berkley, MA 02779

PRESORTED STANDARD
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RETURN SERVICE REQUESTED

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*Happy
Valentine's
Day
Everyone*