



## **Berkley Council On Aging Newsletter**

**January 2019**

### **BOARD MEMBERS:**

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

Associate Members: Mary Shilonski, Priscilla Martin

### **Mission Statement**

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

### **Up coming events**

- On Wednesday January 9th we will be making ceramic Valentine's Day vases. Free to Berkley seniors, and \$18 to our out of town senior guests.
- On Wednesday January 16th we will be making mosaic trivets or coasters. Free to Berkley seniors and \$20 to our out of town senior guests.
- On Wednesday January 23rd we will be making dish gardens. Free to Berkley seniors and \$5.00 to our out of town senior guests.
- Manicures are Tuesday January 15th.
- Please call 508-821-3105 to reserve a spot in the above activities.

There is a donations box on the table next to the kiosk where you sign in at the Senior Center. We do not charge for our programs, but donations are accepted. Donations help us provide special programs in the center.

### **Why are we asking you to sign in?**

At present time, there are no paid employees at the senior center. We are all volunteers and we rely on funding from the State and the Town to run the various programs and classes that we offer. To this end, we need to file reports providing data and statistics regarding the use of the center.

In the past this has been a very time consuming proposition, and many times the daily sign in sheets would be misplaced so our figures were understating the usage of the center. The software we are now using actually calculates and prints the required reports for us, freeing us up to dedicate more time to actual programming.

We appreciate everyone's help in signing in so we can provide more programs and activities in the future.

Please call for a reservation for our programs. Things happen, and we understand sometimes you may need to cancel. PLEASE, call and let us know when this happens. When it says FREE to Berkley seniors, that means that the COA is paying for you. If you do not show up, we have to pay for the spot. Sometimes we have a waiting list, and we could call someone else to come in and take your spot. Please, be courteous and let us know!

## 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. NORMAN. ORRALL

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

Puzzle Solution © OnlineCrosswords.net

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

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

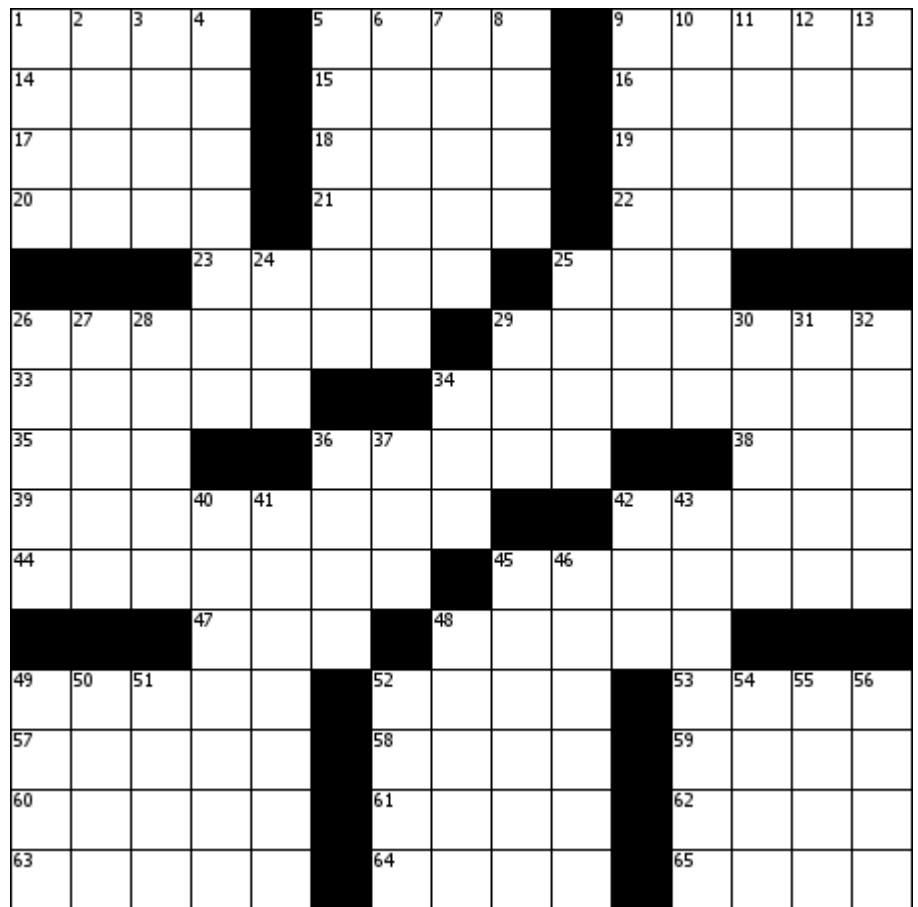
Daily SuDoku: Thu 29-Nov-2018

hard

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## Across

- 1. Horse strap
- 5. Crush
- 9. Honeydew, e.g.
- 14. Land unit
- 15. Female singer
- 16. \_\_\_\_ acid (protein component)
- 17. Teen's dance
- 18. Yeas' opposites
- 19. Dressed to the \_\_\_\_
- 20. Melody
- 21. Emerald \_\_\_\_
- 22. Restless
- 23. Tent post
- 25. Ingested
- 26. Cassava starch
- 29. Skinny
- 33. Stand up
- 34. Desire for food
- 35. "The Raven" poet
- 36. Mamas' mates
- 38. "War of \_\_\_\_ Worlds"
- 39. Adventure
- 42. Flower feature
- 44. Teeter-totters
- 45. Willie and Ozzie
- 47. Tax inits.
- 48. Stage awards
- 49. 747, e.g.
- 52. Abrasive particles
- 53. God of love
- 57. Batman's sidekick
- 58. Pretense
- 59. Negative reply
- 60. Occasion
- 61. Bakery worker
- 62. Cat's weapon
- 63. Positive answers
- 64. Scottish loch
- 65. Congers



## Down

- 1. Enthralled
- 2. Light tan
- 3. Steamy appliance
- 4. Arch enemy
- 5. Madman
- 6. Juneau's state
- 7. Fashion
- 8. Nylons
- 9. Aquatic mammal
- 10. Noteworthy
- 11. Dryer fuzz
- 12. Small bills
- 13. Very inquisitive
- 24. Boot tip
- 25. "Heidi" setting
- 26. Cassettes
- 27. Got up
- 28. Fragment
- 29. Health resort
- 30. Likewise
- 31. Patriot \_\_\_\_ Allen
- 32. Staggers
- 34. King Kong, e.g.
- 36. Cats' feet
- 37. Classified \_\_\_\_
- 40. Foolish
- 41. Mom and dad
- 42. Layer
- 43. Perfume
- 45. Sounds
- 46. Registers
- 48. Cease-fire
- 49. Hunted animal
- 50. Adore
- 51. Lincoln and Vigoda
- 52. Smile
- 54. \_\_\_\_ model
- 55. October's stone
- 56. Bastes

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

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Lucille, our SHINE/ outreach worker is in the center on Wednesdays, Please call 508-821-3105 and leave a message, she will call you to schedule an appointment.

We are learning to play Bridge on Thursdays 2:00—4:00 All ability levels are welcome. It is a great exercise for mind and memory as well as being a fun time! Come Join Us!!!

Check out the calendar for the times of our exercise classes, no need to call, just come and join in!

We are looking into adding more exercise programs, so keep an eye out in future newsletters.

Looking for suggestions: Is there a program or activity you would like to see at the center? Please let us know! We are always trying to improve!

We are trying to update our emergency contacts, please make sure you give us that information the next time you are at the center! THANK YOU!

# January 2019

	Mon	Tue	Wed	Thu	Fri	Sat
		1 Center Closed	2 Body in Motion 10	3 Tai Chi 10:00 Friends 11:30 COA 11:00	4 Aerobics 8:15 Coffee Chat 9:15	5
6	7 Aerobics 8:15 Mah Jong 10 Happy Hearts 12:30	8 YOGA 9 Tai Chi 10:30 Quilting 11:30 Bingo 1:00	9 Body in Motion 10 Ceramics 1:00	10 Tai Chi 10	11 Aerobics 8:15 Coffee Chat 9:15	12
13	14 Aerobics 8:15 Mah Jong 10	15 YOGA 9 Tai Chi 10:30 Quilting 11:30 Manicures	16 Body in Motion 10 Mosaics 1:00	17 Tai Chi 10 Friends 11:30	18 Aerobics 8:15 Coffee Chat 9:15	19
20	21 Aerobics 8:15 Mah Jong 10	22 YOGA 9 Tai Chi 10:30 Quilting 11:30 BINGO 1:00	23 Body in Motion 10 Brown Bag and Health Clinic 10 Dish Garden 1:00	Tai Chi 10	25 Aerobics 8:15 Coffee Chat 9:15	26
27	28 Aerobics 8:15 Mah Jong 10 Happy Hearts 12:30	29 YOGA 9 Tai Chi 10:30 Quilting 11:30	30 Body in Motion 10 MOVIE Day 1:00 TBA	31 Tai Chi 10		

**Council on Aging**  
**1 North Main Street**  
**Berkley, MA 02779**

**PRESORTED STANDARD**  
**U.S POSTAGE PAID      TAUNTON, MA**  
**PERMIT NO. 73**

RETURN SERVICE REQUESTED

**Aerobics!!**

