



## **Berkley Council On Aging Newsletter**

**JANUARY 2020**

### **BOARD MEMBERS:**

Chair - Margaret Clark-Moroff; Acting Secretary– Nancy Thompson;

Board 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**

**January 2 11:00 AM COA  
Meeting**



**January 8 1:00 PM Stamping Workshop**

**January 22 9:00 AM Brown Bag**

**January 22 1:00 PM Ceramics—Valentine Gnomes  
don't forget to sign up**

**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**

-

**Food/Rent/Mortgage**

**Assistance (508) 823-6346**

**Fuel Assistance**

**(508) 679-0041**

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**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 New Year Friends,*

*Phhhhhh! The holidays are now behind us. I do hope everyone had a pleasant holiday season. Now we can look forward to 2020.*

*I am looking for groups or functions you would be interested in. Would you like to do a book club, or how about a cookbook club? Would you like to research and create your family tree, we could do it together. Do you want to paint, draw, learn to crochet, crochet or knit blankets for babies?*

*Learn more life safety ideas or how to eat healthier?*

*Stop by or call and tell me your ideas.*

*Cindy COA Director*

**TRIVIA QUESTION:**

**Who was the 1st female Grand Marshal of the Tournament of Roses parade?**

**A: Mary Pickford in 1933**

### News Briefs:

- \* 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.
- \* Berkley will be getting an Elder Affairs Police officer in 2020, we are looking forward to meeting and getting to know this officer to better protect our elders in the community.

### **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:**

**If Taunton 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.**



Did you get a poinsettia for Christmas? Do you know how to take care of it?

Poinsettias are easy to keep. They will retain their blooms long after your decorations are away. Actually if you are lucky, they will last until Valentine's Day.

They like to be kept in a sunny area with the temperature between 60-70.

They don't like drafts or being placed too near heat sources.

Water thoroughly, then let soil dry between waterings. If they dry out, water them and it will bounce back. If the leaves turn a lighter green, give it more sunshine and again it will bounce back.

Did you know that when the weather gets warmer you can trim it, and plant in your yard? Apply general purpose fertilizer every 2-3 weeks. Just bring it in before the first frost.

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

## WINTER SPORTS

ACROSKI

BANDY

BOBSLED

CURLING

FIGURE SKATING

LUGE

RINGETTE

SKELETON

SKI ARCHERY

SKI JUMPING

SKIBOARDING

SKIBOB

SKIING

SLALOM

SNOWBIKING

SNOWBOARDING

SNOWKITING

SNOWMOBILING

SPEED RIDING

SPEED SKATING

I would like to some input from the seniors in town as to what you may enjoy at COA  
You can simply check areas of interest and drop off or mail to the COA Center or  
simply call.

Art

Bingo

Book Club

Bridge

Cake Decorating

Candy Making

Ceramics

Chess / Checkers

Cooking Group

Cribbage

Crocheting

Discussion Group

Drawing

Friendly Visits

Gardening

Genealogy Research

Health Lectures

History Lectures

Knitting

Luncheons

Meditation

Needlepoint

Nutrition Talks

Painting

Plastic canvas needlepoint

Poetry

Poker

Puzzle Building

Scrabble

Sewing

Sign Language

Singing

Socials

Tatting

Trips

Uno

Writing / Journaling

## HEALTH REMINDER:

### 4 Ways to stay healthy during flu season:

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

Happy Hearts would like to wish everybody a happy and healthy New Year. They would also like to remind people they meet every Monday starting at 12:30 and they would love to have you join their ranks.

They are a social group and like the COA are always looking for new members.

### **Scam Reminder from Social Security :**

**“Awareness is our best hope to thwart the scammers, says Inspector General Gail Ennis. So tell your friends and family about them and report them to us when you receive them, but most importantly, just HANG UP and IGNORE the calls. Report calls by calling 1-800-269-0271**

### **Social Security will NOT:**

1. Tell you that your social security number has been suspended.
2. Contact you to demand an immediate payment.
3. Require a specific means of debt repayment, like a prepaid debit card, a retail gift card or cash.
4. Demand that you pay a Social Security debt without the ability to appeal the amount you owe.
5. Promise a Social Security benefit approval, or increase, in exchange for information or money.
6. Social Security will not threaten you.

# JANUARY 2020

SUN	MON	TUE	WED	THU	FRI	SAT
508 821- 3105 COA			1 <i>HAPPY NEW YEAR</i>	2 8-12 Pop up Library 9:30 Tai Chi <i>11 COA Mtg</i> 2 Bridge	3 8:15 Aerobics 9:30 Chair Yoga 10:15 Coffee Chat	4
5	6 8:15 Aerobics 9 Italian 10 Mah Jong <i>12:30 Happy Hearts</i>	7 9 Yoga 10:30 Tai Chi 11:30 Quilt- ing	8 10 Body In Motion <i>1 Stamping Workshop</i>	9 8-12 Pop up Library 9:30 Tai Chi 2 Bridge	10 8:15 Aerobics 9:30 Chair Yoga 10:15 Coffee Chat	11
12	13 8:15 Aerobics 10 Mah Jong <i>12:30 Happy Hearts</i>	14 9:00 Yoga 10:30 Tai Chi 11:30 Quilting <i>Manicures</i> <b>1 BINGO</b>	15 10 Body In Motion	16 8-12 Pop up Library 9:30 Tai Chi 2 Bridge	17 8:15 Aerobics 9:30 Chair Yoga 10:15 Coffee Chat	18
19	20 <b>CLOSED</b>  MLK Jr Day	21 9:00 Yoga 10:30 Tai Chi 11:30 Quilting	22 <i>9 Brown Bag</i> 10 Body In Motion <i>1 Ceramics</i>	23 8-12 Pop up Library 9:30 Tai Chi 2 Bridge	24 8:15 Aerobics 9:30 Chair Yoga 10:15 Coffee Chat <i>11:00 Games</i>	25
26	27 8:15 Aerobics 10 Mah Jong <i>12:30 Happy Hearts</i>	28 9:00 Yoga 10:30 Tai Chi 11:30 Quilting <b>1 BINGO</b>	29 10 Body In Motion	30 8-12 Pop up Library 9:30 Tai Chi 2 Bridge	31 8:15 Aerobics 9:30 Chair Yoga 10:15 Coffee Chat	

Council on Aging  
1 North Main Street  
Berkley, MA 02779

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

RETURN SERVICE REQUESTED

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



*Happy  
New  
Year  
Everyone*