



BERKLEY COUNCIL ON AGING NEWSLETTER

JUNE 2016

BOARD MEMBERS:

**Chair - Mary Silva; Vice Chair - Donna Benoit; Treasurer- Carolyn Peloquin;
Programs - Priscilla Martin; Member - Robert Sullivan.**

**Currently we have two vacancies on the board that we are looking to fill.
Anyone interested should contact Mary Silva at 508-821-3105.**

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.

UPCOMING COA EVENTS

Tai Chi classes are now being offered for seniors on Thursdays at 10:00 a.m. at the Senior Center. No special clothing is required. You can sit or stand. The movements are very slow. Join us! It's free.



Lunch on the farm - June 21 at Noon - Chamberlain Farm, Friend Street, Berkley

The Council on Aging provides a yearly opportunity for Berkley seniors only to enjoy an afternoon enjoying the clean fresh air. We invite you to join us for a FREE lunch on June 21 at the lovely Chamberlain Farm Pavilion on Friend St.

The event will start at Noon with lunch followed by entertainment provided by the Olde Kids, an 18-piece band. This program is supported in part by a grant from the Berkley Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

Seating is limited so please call the Council on Aging office at 508-821-3105 or email us at berkeleycoa2013@aol.com on or before **June 16** to reserve your spot. If the answering machine picks up be sure to leave your name and number and someone will call you back as soon as possible.

If you need to cancel for any reason, please let us know as soon as possible so that we can offer the seat to another senior.

Important Phone Numbers

FIRE/ POLICE

MEDICAL

911

Attorney General's

Elder Hotline

(10-5) M-F (888) 243-5337

Berkley

Council on Aging

Hours: Mon. thru Fri. 9:00

AM to 4:00 PM

(508) 821-3105

berkeleycoa2013@aol.com

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

Needs of Elders

1-800-987-2510

State Rep. KEIKO M. ORRALL

9:30—10:30 a.m., Town Hall

1st Monday of each month

State Sen. MARC R. PACHECO

11:00 a.m.— 12:00 noon,

Town Hall

3rd Tuesday of each month

Veterans Services

Donald Hirschy

(508) 669-5027



Kitchen shower

date June 23, 2016

Time 2:00 p.m.

place Activity Room, Council on Aging

rsng 508-821-3105 berkeleycoa2013@aol.com
By June 16

Take time for all things.

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Gift ideas: We are registered at Target. Go to www.target.com, click on registry, enter berkeleycoa2013@aol.com, password is bcoa2016

Some items needed -

Cotton dish towels

Sponges

Dish soap

Paper towels, Napkins

Paper plates, sm & lg

Paper bowls (cereal size)

Plastic bowls lg serving size

Plastic knives, forks & spoons

Paper cups for hot drinks (sm & med)

Kitchen cleaning products

Spatulas

Lg. spoons

Salt & pepper shakers, Salt & Pepper

Sugar & storage container with tight seal

Plastic storage containers (all sizes)

Plastic wraps & storage bags (all sizes)

Aluminum foil

Sugar & creamer sets

Pots & pans

Knives

Pizza cutter

Cutting boards several sizes

Lemonade & cold drink mixes

Measuring spoons

Measuring cups

June 2016



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		10:00 AM - Line Dance	10:00 AM - Tai Chi 11:30 AM - Friends of COA meeting	8:15 AM - Aerobics
6	7	8	9	10
8:15 AM - Aerobics 7:00 PM - Annual Town Meeting	9:00 AM - Yoga 11:30 AM - Quilting 1:00 PM - COA Meeting	10:00 AM - Line Dance	10:00 AM - Tai Chi	8:15 AM - Aerobics
13	14 Flag Day	15 World Elder Abuse Day	16	17
8:15 AM - Aerobics	9:00 AM - Yoga 11:30 AM - Quilting 1:00 PM - Bingo	10:00 AM - Line Dance	9:00 AM - Tai Chi 10:00 AM - Podiatry Clinic 11:30 AM - Friends of COA meeting	8:15 AM - Aerobics
20 Summer Begins !	21	22	23	24
8:15 AM - Aerobics	9:00 AM - Yoga 11:30 AM - Quilting Noon - Lunch at the Farm	9:00 AM - Food Distribution 10:00 AM - Line Dance	10:00 AM - Tai Chi 2:00 PM - Kitchen Shower	8:15 AM - Aerobics
27	28	29	30	
8:15 AM - Aerobics	9:00 AM - Yoga 11:30 AM - Quilting 1:00 PM - Bingo		10:00 AM - Tai Chi	

Are You a WWII or Korean War Veteran?

Honor Flight New England is a 501© 3 non-profit organization with one goal—to take New England area WWII and Korean veterans on a one-day trip to Washington, DC to visit and reflect at the memorials that were built in their honor. Since June of 2009, Honor Flight has made this dream come true for over 1300 veterans. The trip is completely free to the veterans—they paid the price through the sacrifices they made many years ago.

If you are a WWII or Korean War veteran and have not been on an honor flight, please call 603-518-5368 for more information. You can also visit their website www.honorflightnewengland.org or email them at honorflightnewengland@gmail.com



JULY 4TH INDEPENDENCE DAY – Doesn't this seem like a great day to meet your friend's on the Berkley Common for some entertainment by the "Sultans of Sax"? That's right, a lot of you have seen them before and thoroughly enjoyed them so we are having them back for our Independence Day celebration this year. Friends of Council on Aging will be presenting this program for your listening pleasure. And that's not all, folks, Friends of Berkley Council on Aging will be providing free, I said **FREE**, hot dogs, chips and a drink between 11:30 a.m. and 1:30 p.m. for those who attend. We are hoping that you will come on out to the Common and have a great day with friends and family. See you all there!

This program is supported in part by a grant from the Berkley Cultural Council, a local agency which is supported by the Massachusetts Cultural Council.

HAPPY HEARTS

Meet every Monday
1:30 p.m.

Activity Room - Town Hall
For info call: Roberta St. Yves
at 508-386-2047



FRIENDS OF COUNCIL ON AGING

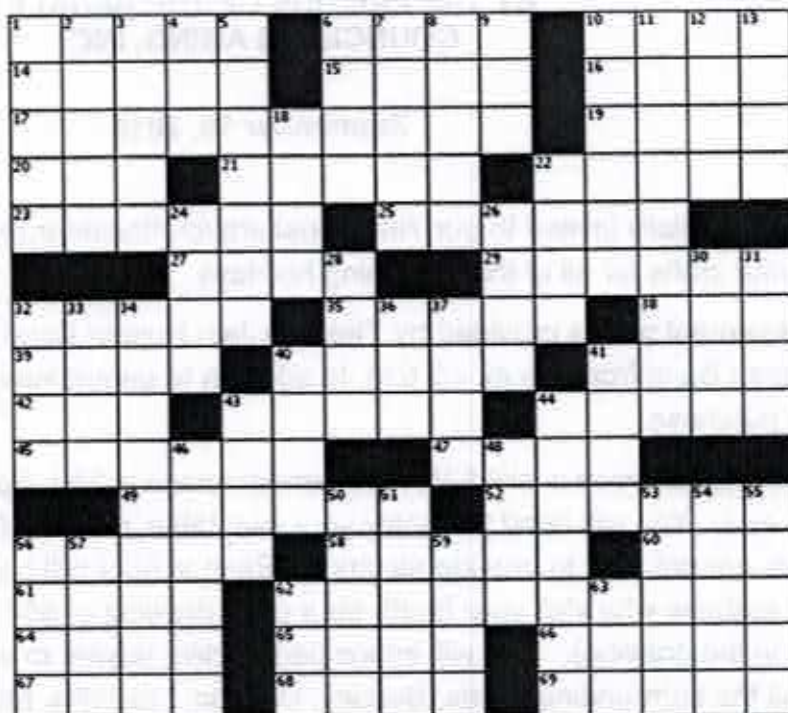
Meet the 1st and 3rd Thursday
11:30 a.m.

Activity Room - Town Hall
For info call: Jackie Arnoe
at 508 - 822-9634

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

Across

1. Mixes
6. And
10. Surrounded by
14. Regional
15. Teller of falsehoods
16. Flower
17. Broken
19. Yearn
20. TV room
21. Slackens
22. Exams
23. Imitation
25. Cowboy's rope
27. Converge
29. Again
32. Drive too fast
35. Winter accessory
38. Wind dir.
39. William or Sean
40. Fern "seed"
41. Broil
42. Anger
43. Swiftiness
44. Evade
45. Soup bowl
47. Still snoozing
49. Athens' country
52. Responds
56. Leading
58. Brief summary
60. Ordinance
61. Hardens
62. Bargain hunter's stop (2 wds.)
64. Toledo's lake
65. Platoon
66. Tear to bits
67. Circle sections
68. Ball holders
69. Poke fun at



Down

1. Playground fixture
2. Photocopier liquid
3. Sacred images
4. Musical genre
5. Rained ice
6. Cry of sorrow
7. Defame
8. Chip dip
9. Natural mineral
10. Come into view
11. Wetted
12. Common contraction
13. Stains
18. Demolish
22. Quarrel
24. Prayer's end
26. Seldom found
28. Chef's units (abbr.)
30. Glitch
31. At this location
32. Roasting stick
33. Andean country
34. Peppy
36. Foldaway bed
37. Space
40. Of sound mind
41. Soft drink
43. Obey
44. Most profound
46. Deletes
48. Boast
50. Long-legged bird
51. Uncanny
53. Heidi's cousin
54. Fables
55. Stockholm resident
56. On the ocean
57. German mister
59. Felines
62. Belly
63. That gal

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

CLAM QUICHE

- | | |
|--|--------------------------|
| 1- can Snow's Clam Chowder (condensed) without adding milk | 1/2 cup sour cream |
| 4 eggs - slightly beaten | 2 tsp chopped parsley |
| 1/2 cup chopped onions | 1/2 tsp pepper |
| | 4 slices American cheese |
| | 1 9 inch pastry shell |

Blend together all ingredients except cheese. Pour into unbaked shell about 2/3rds of the mixture. Cover with cheese slices and pour remaining mixture over cheese. Bake at 350 degrees for 50 - 55 minutes.

**ARTS/CRAFT/VENDOR FAIR SPONSORED
BY THE FRIENDS OF THE BERKLEY
COUNCIL ON AGING, INC.**

September 10, 2016

You are cordially invited to our 7th annual arts/craft/vendor fair. This will be an opportunity to show off your crafts for all of the upcoming holidays.

Entertainment will be provided by The Toe Jam Puppet Band from 11 a.m. to 12 noon and The Mike Moran Band from 1 p.m. - 3 p.m. In addition to entertainment, food and soft drinks will be available for purchase.

The cost for a space is still \$25; food vendor space is \$50. Space is limited so make your reservations early. You will need to supply your own table, chair and overhead cover should you need one. We are not able to provide electricity. Each vendor will be provided with raffle tickets to be given out to those who visit your booth for a prize drawing of \$50 (vendors are exempt from participating in the drawing). This will entice perspective buyers to visit your booth. We will be advertising in all the surrounding towns; Berkley, Dighton, Lakeville, Middleboro, Freetown, Taunton, Fall River and New Bedford.

The fair will be held on the Berkley Common, North Main St. (center of town) from 9 a.m. to 4 p.m. on September 10.

The goal of our organization is to raise funds to help the Berkley COA continue with health and educational programs for our seniors. To reserve a space, fill out the application below or call Jackie at 508-822-9634.

APPLICATION

Participant/Business/Artist Name: _____

Address: _____

Phone: _____ E-Mail: _____

Type of Craft/Product/Art: _____

Make Checks Payable to: FRIENDS OF BERKLEY COA

Mail to: Jackie Arnoe, 25 Green St. Berkley, Mass.02779

FRIENDS OF BERKLEY COUNCIL ON AGING, INC.
WE NEED YOUR HELP

Friends of Berkley Council on Aging, Inc. are a small group of enthusiastic volunteers who support the Council On Aging. The purpose of this organization is to raise money to help COA continue with the programs they are currently running and to start new programs to benefit our senior citizens in Berkley. "Friends" is a non-profit organization and depends solely on support from donations, memberships and fund raisers.

If you would like to help or want more information, please call Jackie Arnoe at 508-822-9634.

Anyone of any age may join the "Friends" by completing the form below. Membership dues for an individual are \$10, for a senior \$5, for a family \$25, and a donation in any amount will be greatly appreciated. Checks should be made payable to Friends of Berkley COA, Inc. and mailed (along with the application) to Rita Harrison, Treasurer, 20 South Main St., Berkley, Mass. 02779.

MEMBERSHIP APPLICATION

FRIENDS OF BERKLEY COUNCIL ON AGING INC.

NAME _____ SPOUSE _____

Address _____

Telephone _____ E-mail _____

Individual (\$10) _____ Senior (\$5) _____ Family (\$25) _____ Donation _____

Council on Aging
1 North Main Street
Berkley, MA 02779

Return service requested

PRESORTED STANDARD

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PERMIT NO. 73

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

Getting calls from your own number?

It's like a scene out of a strange sci-fi movie. You get a call, look at the caller ID, and see that your own number is calling. Weird!? No, this isn't an alternate reality where your future self is calling the present you. It's a scammer making an illegal **robocall**.

Technology makes it easy for scammers to fake or "spoof" caller ID information. They can make it look like they're calling from a different place or phone number. Even your number. Scammers use this trick as a way to get around call-blocking and hide from law enforcement. They hope you'll be curious enough to pick up. Don't fall for it.

The real callers could be calling from anywhere in the world. We've written about these kinds of tricks before - like when scammers pretended to be the IRS and faked caller ID so people thought it really was the IRS calling.

Bottom line? These calls from your own number are illegal. Don't pick up - or press buttons to be taken off the call list or to talk to a live person. That just leads to more calls. It's best to ignore them, and move on with your day.

Federal Trade Commission Consumer Information consumer.ftc.gov