



Berkley Council On Aging Newsletter

March 2019

BOARD MEMBERS:

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

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

1. Ceramics Wednesday March 20th 1:00—3:00
2. Podiatrist is here Thursday March 14th call LeeAnn for appointment 508-822-9381
3. Food Pick up and Health Clinic Wednesday, March 27th at 9:00. Food MUST be picked up by 10:00.
4. Paw Sox game Thursday May 16th filling up fast! Bus leaving at 9:15
5. Newport Flower Show Friday June 21st. Lunch at the Atlantic Beach Resort. Bus leaving at 10:00
6. Wednesday March 6th, Newport Playhouse. Bus leaves at 9:45.
7. Coffee Café Friday, March 29th 10:00 AM Proper use of canes and walkers.
8. Join us Friday, March 15th for a craft with Amy. We will make Terra Cotta Bird Feeders! 1:00—3:00





MEET OUR NEW DIRECTOR!

Twaun Doyle

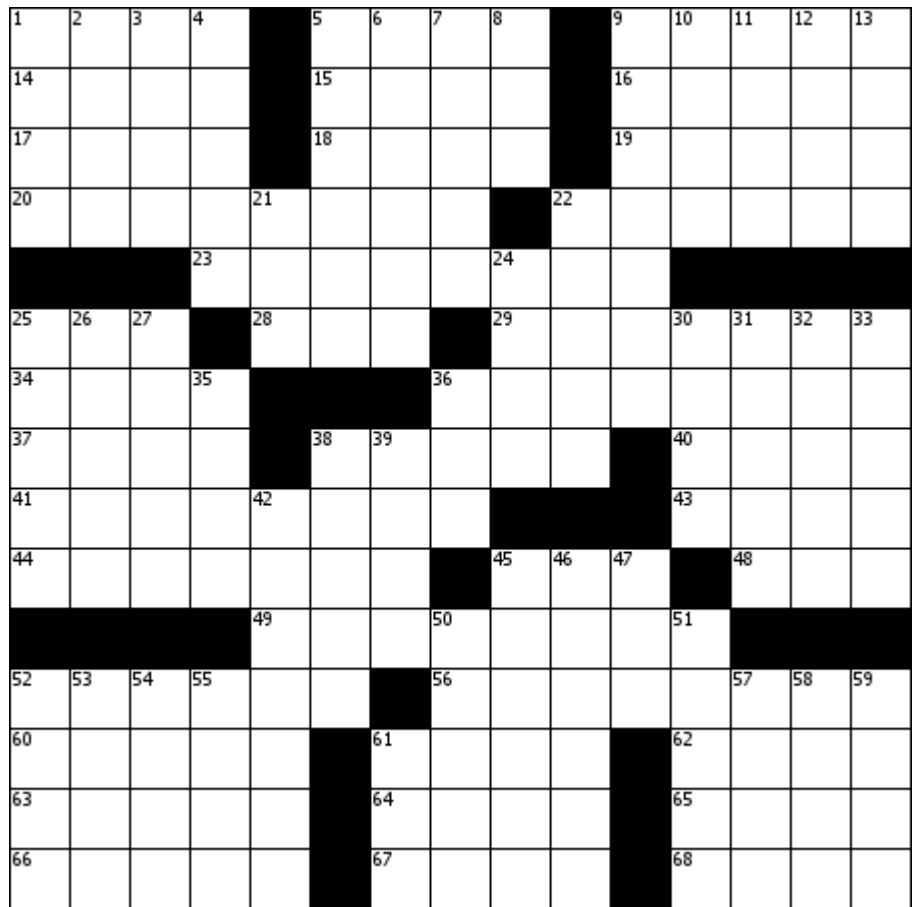
Stop in and say hello

Do you have any ideas for a program you would like to see offered at the center? Please let us know your suggestions!

If you want to come in and read, do a puzzle, meet up with some friends to play cards, we would love to see you coming to the center.

Across

- 1. Compensated
- 5. Snow vehicle
- 9. Bus station
- 14. She, in Paris
- 15. Part of TLC
- 16. Stadium
- 17. Tattle
- 18. Crude minerals
- 19. Leonardo da ____
- 20. Walking on air
- 22. Truck fuel
- 23. Pilot's expertise
- 25. Small drink
- 28. Have breakfast
- 29. Dance performance
- 34. Shawl
- 36. Tomato sauce
- 37. Soften
- 38. Pile up
- 40. Gator's relative
- 41. Vouched for
- 43. Stockings
- 44. Housing agent
- 45. Wind dir.
- 48. Mogul ____ Turner
- 49. Voting process
- 52. Attraction
- 56. Inserted more bullets
- 60. Kingdom
- 61. Give a job to
- 62. Behalf
- 63. Quiz choice
- 65. Prayer finale
- 66. Direct
- 67. Horse's gait
- 68. Minus



Down

- 1. Baseball's ____ Rose
- 2. Actor ____ Baldwin
- 3. Afflictions
- 4. River mouth
- 5. Nova ____ e.g.
- 6. Cowboy's rope
- 7. Put up
- 8. ____ Moines, Iowa
- 9. Painter Leonardo ____ (2 wds.)
- 10. Ohio lake
- 11. Corrals
- 12. "____ upon a time..."
- 13. Peacock's pride
- 21. Rd.
- 22. Go-getters
- 24. Retirement accts.
- 25. Curse
- 26. Wrathful
- 27. Macaroni,
- 30. Foot part
- 31. Gypsy's card
- 32. Got out of bed
- 33. Fastened shoestrings
- 35. Pare
- 36. Irate
- 38. Coral island
- 39. Simple
- 42. Cooking con-tainer
- 45. Sound svs-
- 46. Soundless
- 47. Court romantically
- 50. Town's announcer
- 51. ____ spray
- 52. Pound sounds
- 53. Bog product
- 54. Lacking color
- 55. In addition
- 57. Notre ____
- 58. Scrapes by
- 59. Lions' homes
- 61. FDR's successor

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.mcoonline.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

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

Daily SuDoku: Mon 28-Jan-2019

very hard

© 2019 Sudoku Ltd 2019. All rights reserved.



Puzzle Solution © OnlineCrosswords.net

P	A	I	D		S	L	E	D		D	E	P	O	T
E	L	L	E		C	A	R	E		A	R	E	N	A
T	E	L	L		O	R	E	S		V	I	N	C	I
E	C	S	T	A	T	I	C		D	I	E	S	E	L
				A	V	I	A	T	I	O	N			
S	I	P		E	A	T		R	E	C	I	T	A	L
W	R	A	P					M	A	R	I	N	A	R
E	A	S	E		A	M	A	S	S		C	R	O	C
A	T	T	E	S	T	E	D				H	O	S	E
R	E	A	L	T	O	R		S	S	W		T	E	D
				E	L	E	C	T	I	O	N			
A	P	P	E	A	L		R	E	L	O	A	D	E	D
R	E	A	L	M		H	I	R	E		S	A	K	E
F	A	L	S	E		S	E	E	N		A	M	E	N
S	T	E	E	R		T	R	O	T		L	E	S	S

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

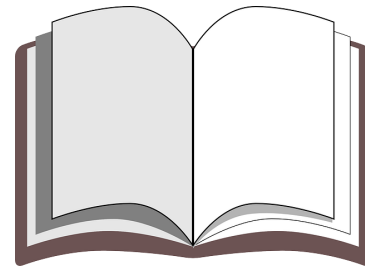
Daily SuDoku: Mon 28-Jan-2019

very hard

© Daily SuDoku Ltd 2019. All rights reserved.

POP UP LIBRARY!

On Mondays from 8:30—10:30 a librarian from the Berkley Public Library will be at the COA. There will be a selection of materials available each week to take out and you will be able to pick up any holds from the library at the center.



Coming in May:

1. PawSox game May 16th

Coming in June:

1. Newport Flower Show June 21st (lunch at the Atlantic Resort in Newport.)

Please sign up for these now as seating will be limited!

Do not forget! The Friends of The COA will be returning on May 22nd with their Chow Mein Luncheon. Mark your calendar

508-821-3105 Berkley COA

Lakeville COA invites all interested parties to attend their 1st ever OCES “Spring Special” Luncheon and their 2019 “Travel Showcase” on Wednesday March 27th 11:00 AM—12:30 PM. Lunch will be served so sign ups are a **MUST**.

Call **508-947-7224** to make your reservation. Cost is a \$2.50 donation. Lunch will include Chicken Cordon Bleu, Baked potato w/ sour cream, Country style vegetable blend, dinner roll and Strawberry short cake.

2019 GRANT AWARDS	Applicant	Project Title	Location	Description	Project Date
	Berkley Public Library	Stained Glass Mosaic Workshop	Outside at the library	Leslie Doherty teaches workshop participants techniques to create one-of-a-kind stained glass mosaic.	2019
	Berkley Public Library	LEGO Program	To be announced	Dan Steinger presents a multidisciplinary LEGO program.	2019
	Berkley Public Library	Animal World Experience-Dino Discovery	Outside the library on the common	Animal World Experience provides an hour of hands-on time to touch and hold real fossils millions of years old, talk about the animals and have photos taken.	2019
	Berkley Public Library	Learn to Play Harmonica	Outside at the library	Ron Fletcher instructs how to create sound effects, rhythms and skills to play the blues harmonica.	2019
	Fuller Craft Museum	Craft Inspires Series	Fuller Craft Museum	A series of diverse, thought-provoking, innovative programs to promote craft in its many forms.	January - December 2019
	Friends of the Berkley Library	Presidential Paranormal	Council On Aging	This presentation by Tim Weisberg will look at the hauntings of the White House, the psychic life of Abraham Lincoln and the presidential UFO HISTORY.	February 17, 2019
	Fuller Craft Museum	SENSEation Days	Fuller Craft Museum	Guided tours of exhibitions led by trained educators, up-close artist demonstrations and hands-on craft activities.	Weeks of February 21 and April 18, 2019
	Little Theatre of Fall River	OLIVER, the Musical	Bristol Community College Arts Center	Collaboration with The Boys and Girls Clubs of Fall River, New Bedford and Taunton to cast 20 athletic multiracial youth between the ages of 8 and 13 for the role of "urchins". Free admission to the final dress rehearsal for all three clubs.	May 12, 2019
	Friends of Dighton Rock Museum, Inc	Local History	Dighton Rock State Park Museum	Gary Hylander discusses Berkley area's historical events.	May 12, 2019
	Berkley Council on Aging	Appreciation Luncheon	Chamberlain Farms	History at Play presents an insight into historical events in an entertaining fashion.	May 21, 2019
	Old Colony History Museum	Passport to History 2019	Throughout Southeastern Massachusetts	Share and explore the fantastic and diverse history of southeastern Massachusetts. At any participating museum, guests can pick up a passport and complete a location-specific activity to earn a passport stamp.	June 1 - August 31, 2019
	Berkley Council on Aging	Lunch on the Farm	Chamberlain Farms	Dixie Jazz Kings play New Orleans type music and share the origin and history of the music.	June 19, 2019
	New Bedford Festival Theatre	2019 Festival Theatre Summer Academy	Zeiterion Performing Arts Center	A tuition-free theatre program enabling students to become involved in all aspects of the production, MAMMA MIA.	July 1 - 30, 2019
	Friends of Dighton Rock Museum, Inc	Learning about Soil	Dighton Rock State Park Museum	Angela Possinger will present a study of the local soil profile at Dighton Rock State Park.	August 4, 2019
	Soule Homestead Education Center	Soule Homestead Harvest Fair	Soule Homestead Middleboro	A two-day celebration with performers, entertainers and exhibitors from around our region.	September 21-22, 2019
	Mayflower Camerata	2 Area Performances of Haydn's "Te Deum", Symphony #90 and "The 7 Last Words"	Friday Saints Martha and Mary Church Lakeville; the second Central Congregational Church, Middleboro	Choral singers and chamber orchestra perform these works of Haydn.	Between late October and early November 2019
	NoteAble Blend Chorus	NoteAble Blend Musical Performance	Senior Holiday Lunch Berkley Middle School	One hour performance of acappella style music in 4 part harmony by this 25 member women's barbershop chorus.	December 13, 2019

A Big Thank you to the Berkley Cultural Council for Funding some wonderful programs for us this coming year!

Federal Trade Commission Scam Warning

The Federal Trade Commission is getting reports about people pretending to be from the Social Security Administration (SSA) who are trying to get your Social Security number and even your money.

In one version of the scam, the caller says your Social Security number has been linked to a crime (often, he says it happened in Texas) involving drugs or sending money out of the country illegally. He then says your Social Security number is blocked – but he might ask you for a fee to reactivate it, or to get a new number. He will ask you to confirm your Social Security number.

In other variations, he says that somebody used your Social Security number to apply for credit cards, and you could lose your benefits. He also might warn you that your bank account is about to be seized, that you need to withdraw your money, and that he'll tell you how to keep it safe.

All of these are scams. Here's what you need to know:

- The SSA will never call and ask for your Social Security number. It will not ask you to pay anything. It won't call to threaten your benefits.
- Your caller ID might show the SSA's real phone number (1-800-772-1213), ***but that's not the real SSA calling. Computers make it easy to show any number on caller ID. You cannot trust what you see there.***
- **Never** give your Social Security number to anyone who contacts you in this way. **Do not confirm the last 4 digits.** Do not give a bank account or credit card number – ever – to anybody who contacts you by phone asking for it.
- Remember that anyone who tells you to wire money, pay with a gift card, or send cash is always a scammer no matter who they say they are.

If you're worried about a call from someone who claims to be from the Social Security Administration, get off the phone. Then call the real SSA at 1-800-772-1213.

If you have spotted a scam, then tell the FTC at [ftc.gov/complaint](https://www.ftc.gov/complaint).

To learn more, you can go to [Fake Calls about your SSN](#).



Are you using your cane or walker correctly? Improper use can be dangerous. It may cause more harm than good. Come on Friday, March 29th at 10:00 AM when we will have a certified Physical Therapist, Brian Mello, who will go over the safe use of these apparatus.



Coffee Café
Friday March 29th
10:00 AM



508-821-3105

March 2019

508-823-3105



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Aerobics 8:15 Coffee Chat 9:15	2
3	4 Aerobics 8:15 Pop Up Library 8:30-10:30 Mah Jong 10:00 Happy Hearts 12:30	5 Yoga 9:00 Tai Chi 10:30 Quilting 11:30	6 Newport Playhouse	7 Tai Chi 10:00 Bridge 2:00	8 Aerobics 8:15 Coffee Chat 9:15	9
10	11 Aerobics 8:15 Pop Up Library 8:30-10:30 Mah Jong 10:00 Happy Hearts 12:30	12 Yoga 9:00 Tai Chi 10:30 Quilting 11:30 BINGO 1:00	13 Body In Motion 10	14 Tai Chi 10:00 Bridge 2:00 Podiatrist	15 Aerobics 8:15 Coffee Chat 9:15	16
17	18 Aerobics 8:15 Pop Up Library 8:30-10:30 Mah Jong 10:00 Happy Hearts 12:30	19 Yoga 9:00 Tai Chi 10:30 Quilting 11:30	20 Body In Motion 10 Ceramics	21 Tai Chi 10:00 Bridge 2:00	22 Aerobics 8:15 Coffee Chat 9:15	23
24	25 Aerobics 8:15 Pop Up Library 8:30-10:30 Mah Jong 10:00 Happy Hearts 12:30	26 Yoga 9:00 Tai Chi 10:30 Quilting 11:30 BINGO 1:00	27 Body In Motion 10 Brown Bag 9:00 Health Clinic	28 Tai Chi 10:00 Bridge 2:00	29 Aerobics 8:15 Coffee Chat 10:00 Safe use of canes and walkers	30
31						

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.

AEROBICS

