



Berkley Council On Aging Newsletter

May 2019

BOARD MEMBERS:

Chair - Joan Blake; Vice Chair - vacant; Member- 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 May 15th at 1:00
2. Pawsox Game!!! Thursday, May 16th, Bus at 9:15 AM across from the COA
3. Appreciation Luncheon, Tuesday, May 21st at Chamberlain Farm.
Lunch by invitation only, join us for dessert and entertainment at 1:00.
4. Friends of the COA is bringing back their famous Chow Mein Sandwich Luncheon. \$6.50, eat in or take out. Everyone is invited. There will be a movie to follow. Wednesday, May 22nd.
5. Pick up for Brown Bag on Wednesday May 22nd 9:00-10:00 Please pick up during this time period!
6. Podiatrist is here Thursday May 23rd, call Lee Ann at 508-822-9381 for an appointment.
7. Manicures: Tuesday, May 28th 11:30 –2:30 By Appointment only

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 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

Berkley COA Health Clinic

On the fourth Wednesday of every month, the COA has a health clinic. At this clinic you can have your blood pressure and oxygen levels checked. You can ask the nurse any medical questions and she will do her best to answer them for you. The clinic is open to all and is held from 9AM to 10AM. No appointment is necessary, just walk in. All information is confidential.

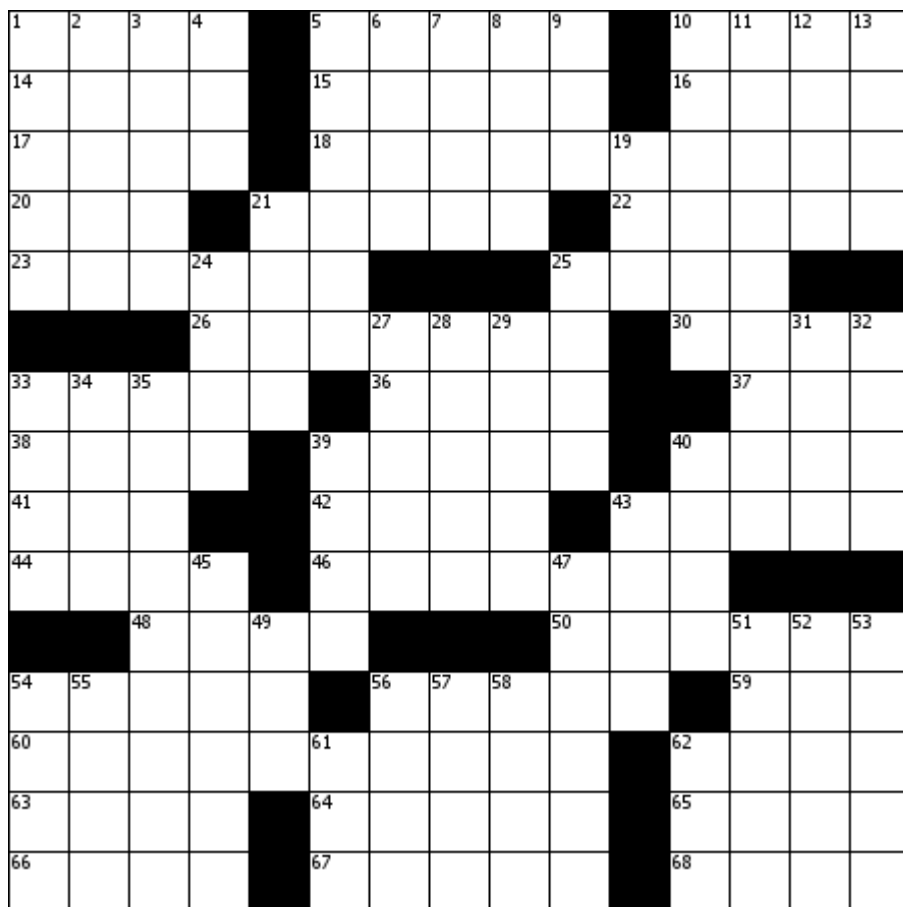
Brown Bag

If you are eligible for Brown Bag, please pick up your bag on the designated day between 9AM and 10AM. If you would like to be added to the Brown Bag list, stop in the COA and fill out an application. Once on the list, if you miss 4 pick ups in a row without a valid reason, you will automatically be removed from the list.

If you would like to get out and see other people, stop into the COA. Want to meet up with friends? Play a board game or cards? Come by the COA. There is usually coffee brewed and often a snack available. We just ask that you respect the classes. YOGA and Tai Chi especially need quiet!

Across

- **1.** Fraudulent scheme
- **5.** Stroke a guitar
- **10.** Neighborhood
- **14.** "A ____ of Two Cities"
- **15.** Stage
- **16.** Shore bird
- **17.** Diva's specialty
- **18.** Eye-opener
- **20.** Tennis shot
- **21.** Pointed a gun
- **22.** Wash cycle
- **23.** Draw out
- **25.** Towel pronoun
- **26.** Italian herb
- **30.** Engrave with acid
- **33.** Hoarse
- **36.** Chamber
- **37.** Muhammad ____
- **38.** Painful
- **39.** Dish out
- **40.** Sch. groups
- **41.** To's partner
- **42.** Despise
- **43.** Appears to be
- **44.** Swarm
- **46.** Slanted characters
- **48.** Roller coaster feature
- **50.** Baby's toy
- **54.** Chicago's airport
- **56.** Passion
- **59.** Tyrannosaurus ____
- **60.** Ornament
- **62.** Dalai ____
- **63.** Raw metals
- **64.** Silly bird
- **65.** Revered one
- **66.** Stood up
- **67.** Selected
- **68.** Camper's home



Down

- **1.** Like old bread
- **2.** Yuletide tune
- **3.** Defendant's offering
- **4.** "Cry ____ River" (2 wds.)
- **5.** Elf
- **6.** Those people
- **7.** Talk incoherently
- **8.** Employed
- **9.** Director ____
Brooks
- **10.** Clothing
- **11.** Establish again
- **12.** Love deity
- **13.** Prince Charles's
sister
- **19.** Exist
- **21.** Breezy
- **24.** Mimic
- **25.** Abode
- **27.** Excellent
- **28.** Heart artery
- **29.** New
- **31.** Mollusk
- **32.** Snake's sound
- **33.** Huckleberry Finn's
craft
- **34.** Farm unit
- **35.** Sneaker ties
- **39.** Ocean liner
- **40.** Annoying person
- **43.** Wound remainder
- **45.** Sullen
- **47.** Pressed
- **49.** Poet's above
- **51.** Exchange
- **52.** Citrus fruit
- **53.** Glorify
- **54.** Stench
- **55.** Brave one
- **56.** Upon
- **57.** Uproar
- **58.** Medicine amount
- **61.** In the past
- **62.** Ignited

Do Not Forget Our Pop Up Library: Mondays 8:30—10:30

Open to anyone, not just seniors. Drop off, pick up holds, see what the library is recommending! Thank you to our friends at Bay Coast Bank.

		3		7				
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Daily SuDoku: Fri 5-Apr-2019

hard

SAFETY FIRST!

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There is a lot going on at the Berkley COA. If you have not been by, please stop in and see what we have to offer!

There are exercise programs and craft programs, educational programs and some wonderful trips.

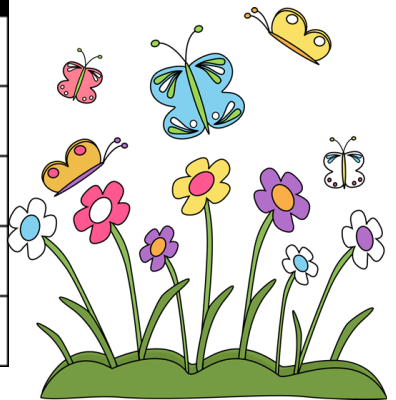
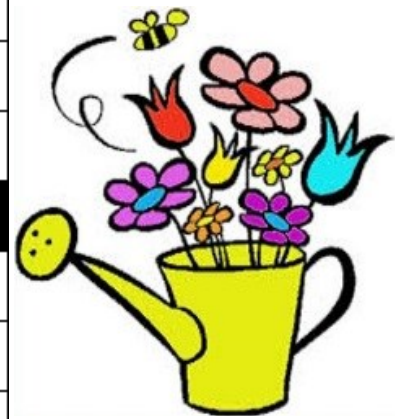
We usually have coffee brewed, stop in even if just for a few minutes. We have books and puzzles which you may borrow. We have plenty of board games and cards if you want to meet up with friends, come on by and start a game! We do ask that you respect the programs, YOGA and Tai Chi , in particular, need quiet.

Check out the Calendar for programs that may be of interest to you!

Friday mornings we have a time for coffee and chat, come on in and meet some of your neighbors! After Aerobics about 9:05 AM.

We do not charge for our programs, donations are always accepted as they help us provide more programs.

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

Daily SuDoku: Fri 5-Apr-2019

hard



We recently lost one of our younger seniors.

Denise Benoit lost her health battles last summer. She enjoyed making cards and her husband and son have donated all of her stamping supplies to the COA. In her memory, we will host a card making class on Friday, May 17th at 1:00 PM. Make a reservation and come join us to make some cards. Denise had all sorts of stamps and we would like to have a good group to honor her memory! Call 508-821-3105 to sign up.



FRIENDS OF BERKLEY COUNCIL ON AGING PRESENTS

Lancaster Show Trip & the Dutch Country



INCREDIBLE PRICE INCLUDES:

- ◆ Motorcoach transportation
- ◆ 4 nights lodging
- ◆ 8 meals: 4 breakfasts and 4 dinners
- ◆ Admission to the JESUS Show at the Sight & Sound® Millennium Theatre®
- ◆ Admission to the "OVATION" Show at the American Music Theatre
- ◆ GUIDED TOUR OF PHILADELPHIA
- ◆ Visit to charming KITCHEN KETTLE VILLAGE
- ◆ Visit to PARK CITY CENTER
- ◆ Admission to THE AMISH EXPERIENCE & JACOB'S CHOICE AT THE F/X THEATRE
- ◆ GUIDED TOUR OF LANCASTER
- ◆ and much more

\$549 *

5 DAYS 4 NIGHTS

PER PERSON, DOUBLE OCCUPANCY

(Mon - Fri)

Sep 30 - Oct 4

2019

Departure: Berkley, MA @ 8 am

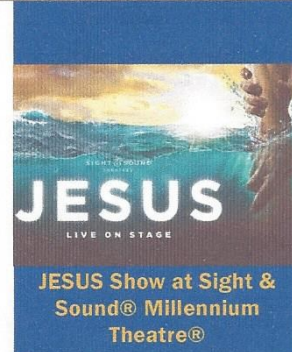
Day 1: Board your spacious, restroom and video equipped Motorcoach and set off for Lancaster in the heart of Pennsylvania Dutch Country. Later that day, enjoy a relaxing Dinner and check into your Pennsylvania-area hotel for a 4 night stay.

Day 2: Today after enjoying a Continental Breakfast, you will go on a GUIDED TOUR OF LANCASTER including Amish Country. Next, you'll visit the KITCHEN KETTLE VILLAGE – a charming marketplace of shops and restaurants. Then, Sight & Sound Theatres invites you to experience JESUS. The greatest rescue story of all time! Jesus is the action-packed musical stage adventure that takes you on a miraculous journey alongside the most famous person to ever walk the earth, and the everyday people whose lives he changed forever. Tonight enjoy Dinner and head back to your hotel.

Day 3: Today after enjoying a Continental Breakfast, you will go to THE AMISH EXPERIENCE attraction. The Amish Country Homestead is a reflection of their commitment to accurately and sensitively portray the Old Order Amish as they live and work in today's world. The Homestead is the home of the fictional Amish family of Daniel and Lizzie Fisher, whom you have gotten to know in the Amish Experience Theater's "Jacob's Choice." Inside the Homestead, learn of Amish traditions and practices, plain clothing and life without electricity. The Fisher One-Room School is attached to the house and filled with authentic desks and furnishings from an actual Amish school. You'll learn the tradition of teaching eight grades in one room. From the pantry stocked full of freshly canned vegetables to the family's plain clothes... from propane-powered lamps to air-compressor driven appliances...the Fisher Family Homestead truly provides insights into the complex riddles of a culture so very different from our own. After free time at PARK CITY CENTER, which is the largest enclosed shopping center in Lancaster County, you will head to Lancaster's famous American Music Theatre for "OVATION". An all-new Original Show highlighting their renowned singers, dancers, and orchestra in all their glory. This live music event features their expanded, highly acclaimed AMT orchestra surrounding you with sound, a cutting-edge stage experience that elevates the action, and the outstanding cast filled with some of the best voices and dancers in the nation — all in a grand, magnificent AMT production that audiences will love and have come to expect. Experience a breathtaking journey that celebrates popular classic and contemporary musical hits featuring your favorite songs backed by a dynamic orchestra and incredible vocalists. Ovation is a dazzling masterpiece! Tonight, enjoy Dinner before heading back to your hotel.

Day 4: After enjoying a Continental Breakfast, you will head to Philadelphia. Upon your arrival you will go on a guided tour of Philadelphia. During your tour some of the highlights you will see include: Independence Hall, Betsy Ross' House, The Mint, The Federal Reserve, The Holocaust Memorial, Logan Circle, Penn's Landing and "The Rocky Steps." After your GUIDED TOUR OF PHILADELPHIA you will have free time in the historic district where you will be able to visit the Liberty Bell and the Independence Visitor Center. Later, you will have Dinner before returning to your hotel for the evening.

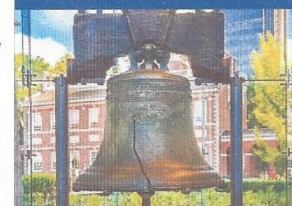
Day 5: After enjoying a Continental Breakfast, you'll depart for home. A perfect time to chat with your friends about all the fun things you've done, the great shows you've seen and where your next group trip will take you!



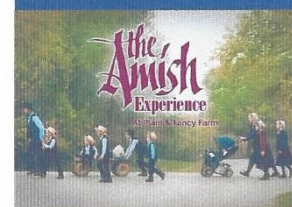
JESUS Show at Sight & Sound® Millennium Theatre®



Enjoy the "OVATION" Show at the American Music Theatre



Take a visit to Philadelphia



Experience the Amish lifestyle

ADD PEACE OF MIND TO YOUR TRIP...

With Diamond Tours Exclusive Travel Confident® Protection Plan if you have to unexpectedly cancel or cut your plans short. See back for details...

\$75 Due Upon Signing. *Price per person, based on double occupancy. Add \$149 for single occupancy. Final Payment Due: 7/23/2019

FOR INFORMATION & RESERVATIONS CONTACT:

Priscilla Martin @ (508) 824-0887

Diamond Tours inc.
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May 2019

MON

TUE

WED

THU

FRI

SAT

508-821-3105

1

2

3

4

Body in Motion
10:00

Tai Chi 10:00
Bridge 2:00

Aerobics 8:15
Coffee Café
10:30

Healthcare Proxy

5

6

7

8

9

10

11

Aerobics 8:15
Pop Up Library 8:30-
10:30
Mah Jong 10:00
Happy Hearts 12:30

YOGA 9:00
Tai Chi 10:30
Quilting 11:30

Body in Motion
10:00

Tai Chi 10:00
Bridge 2:00

Aerobics 8:15
Coffee Café
10:30
Identity Theft

12

13 Aerobics 8:15
Pop Up Library
8:30-10:30
Mah Jong 10:00
Happy Hearts
12:30

14 YOGA 9:00
Tai Chi 10:30
Quilting 11:30
BINGO 1:00

15 Body in Motion
10:00
Ceramics 1:00

16 PAWSOX
Bus at 9:15
AM
Center is closed

17 Aerobics 8:15
Coffee Chat 9:00
Craft: Card Making!
1:00

18

19

Aerobics 8:15
Pop Up Library
8:30-10:30
Mah Jong 10:00

21 YOGA 9:00
Tai Chi 10:30
Quilting 11:30
Appreciation
Luncheon

22 Body in Motion 10:00
Friends Chow Mein Lunch
Movie:
Brown Bag 9:00
Health Clinic 9:00

23 Tai Chi 10:00
Bridge 2:00
Podiatrist by
appt only

Aerobics 8:15
Coffee Chat 9:00

24

25

26

27 Aerobics 8:15
Memorial
Day

28 YOGA 9:00
Tai Chi 10:30
Quilting 11:30
BINGO 1:00
Manicures 11:30

29 Body in Motion
10:00

30 Tai Chi 10:00
Bridge 2:00

Aerobics 8:15
Coffee Chat 9:00

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Council on Aging
1 North Main Street
Berkley, MA 02779

PRESORTED STANDARD
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RETURN SERVICE REQUESTED

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

