



Berkley Council On Aging Newsletter

October 2018

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, en-

Upcoming COA Events

- * Coffee Café on Friday October 19th at 10:30 AM Topic: AARP Fraud
- * If you would like to use a computer, call the Council on Aging at 508-821-3105 to reserve your computer time.
- * To apply for the **Brown Bag Program** , which contains food staples and may include some fruit, vegetables, and some meat, call the Council on Aging at 508-821-3105. All calls are **CONFIDENTIAL**.
- *Don't forget our exercise programs! Consult the calendar for times!
- * Make your manicure appointment for October 16th or 30th, call 508-821-3105 for an appointment. First come first served!
- * BRIDGE! Bridge lessons with Chris, Thursdays from 2:00—4:00. Please sign up as space is limited!
- * Friends of the COA will be hosting a luncheon on Wednesday October 17th , 2 hotdogs in buns, a side of baked beans, a drink and dessert. \$6.50 eat in or take out. Please call to reserve: 821-3105
- * Following the luncheon on Wed Oct 17th, we will be showing a movie at 1:30 Come join us for the Book Club!
- * Join us on Wednesday October 31st at 1:00 to celebrate Halloween we are showing the movie Sleepy Hollow

BERKLEY COUNCIL ON AGING CODE OF CONDUCT/BEHAVIOR POLICY

Introduction: We hope that you will find the Berkley Council on Aging Senior Center a friendly place where you can come to create, socialize with others, access helpful services and find intellectual stimulation. Volunteers and staff are available to assist you at any time.

Treat other participants, staff, instructors, and guest speakers in a courteous and respectful manner.

Do refrain from engaging in inappropriate behavior or language that disturbs other participants, volunteers or staff.

Do refrain from bullying or taking unfair advantage of any participant, volunteer or staff.

Do refrain from engaging in racial, religious, political or sexual harassment of participants, volunteers, or staff.

Do not sell items or services: do not beg or solicit personal gifts.

Do wear appropriate attire and footwear.

Maintain personal cleanliness and good hygiene.

Berkley Council on Aging will implement the code of conduct by responding as following to a violation.

- Meet with participants to discuss conduct policy

- Discuss inappropriate behavior and the violation that occurred

- Make a record of the incident and notify the participant of the documentation.

- Advise the violator that continued inappropriate behavior will result in suspension from the senior center.

We would like to encourage everyone to join in and participate and have a good time.

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.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

(508) 821-3105

ATTENTION:

COA Board of Directors is looking for new members.

Please think about joining us! Attend 3 of our meetings and submit a brief resume.

October meeting will be on October 4th at 12:30

Meetings are currently being held at the senior center, please join us and see what we are all about!

Don't forget to vote!! November 7th! 7:00 am—8 pm

Absentee ballots will be available if you cannot make it in to vote!

Unveiling of our new key tag system will be held on October 15th!! Stop by and get yours!

Important Reminder: When driving to the center, the parking lot is one way only. Please enter through the entrance and exit through the exit.

THANK YOU!



Quilting

The stitching together of padding and fabric, may date back as far ancient Egypt.

Europe: Quilting introduced by the Crusaders in the 12th century. One of the earliest existing decorative works is the Tristan quilt made in 1368, at least 2 sections survive at the V & A Museum (London) and the Bargello palace (Florence).

Russia: Holds the most ancient example in existence. It is a liner carpet found in a Mongolian cave now kept in St. Petersburg.

Australia the UK and Tasmania—Rajah Quilt created by 30 convict women in 1841 found in Scotland in 1989.

U.S.: common in the late 17th century , early 18th century. Colonial quilting was done by only a few who had the time.

The industrial revolution brought about dramatic changes as textiles became manufactured on a broad scale.

Next came Singer in 1856 starting the installment plan to sell machines thus women could make clothes more easily and have time for quilting. Although scraps left over from old clothes and sewing projects were used in quilt making, examining quilts found in museums we see many quilts were made with fabric bought specifically for that quilt.

Civil war and abolition: before the war, abolitionists held craft fairs and sold quilts to help slaves escape. Some quilts had anti slavery themes sewn into them. During the war so called gun quilts were sold to help buy supplies for gun ships—also, the log cabin block styled quilts were hung outside “safe houses” to designate refuge for slaves.

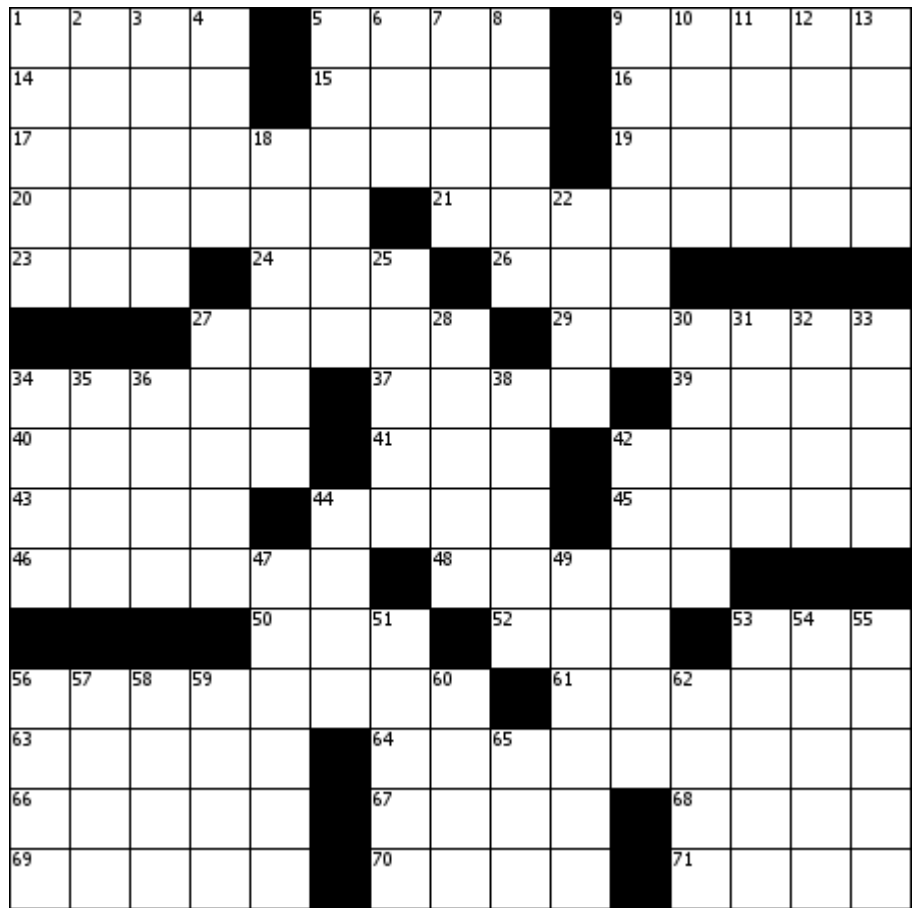
Through the years different designs became popular. Feed was delivered in the 40's & 50's in cloth sacks that were used by some to make quilts. Crazy quilts became another popular design where different shapes were sewn together in “crazy” patterns.

Whatever the pattern, material or method—quilting remains a popular pastime that can bring a sense of accomplishment as well as a useful item.

Every Tuesday from 11:30 to 2:30 a small group meets at the COA to quilt. Their expertise ranges from beginner to accomplished crafter. They share tips, stories and companionship while creating their “masterpieces”. Come join us and make something special, or a friend, or both!

Across

- 1. Begged
- 5. Thin
- 9. Incline
- 14. Well-ventilated
- 15. ____ Sampras of tennis
- 16. Golfer ____ Woods
- 17. Not kin
- 19. Awaken
- 20. Sower
- 21. Soak in vinegar and oil
- 23. Outcome
- 24. Egyptian cobra
- 26. Mouth part
- 27. Laker Shaquille ____
- 29. Stops
- 34. Work hard
- 37. Ark builder
- 39. Unadulterated
- 40. Document
- 41. Tavern
- 42. Baseball great Hank ____
- 43. Above
- 44. Scored on serve
- 45. Wave top
- 46. Deposit on teeth
- 48. Respond
- 50. Storage container
- 52. Compass pt.
- 53. Summer cooler
- 56. Having repeated cycles
- 61. Orb
- 63. Revise
- 64. Lunchroom
- 66. Fragment
- 67. Squeaks by
- 68. File
- 69. Map book
- 70. Nail polish shades
- 71. Bullring shouts

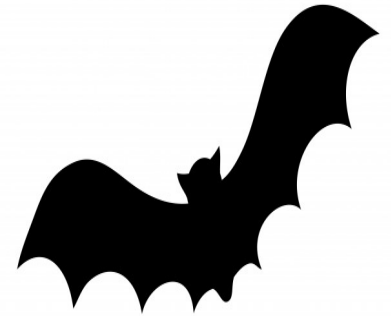


Down

- 1. Hesitation
- 2. Flax product
- 3. Was mistaken
- 4. Colored
- 5. Thinly distributed
- 6. Allow
- 7. Ledger entry
- 8. Olympic award
- 9. Skunk feature
- 10. Big cat
- 11. Spanish water
- 12. Treetop abode
- 13. Forest plant
- 18. Less fatty
- 22. Wealthy
- 25. Sudden fright
- 27. Open to view
- 28. Recluse
- 30. Separated
- 31. Positive
- 32. Greek god of love
- 33. Shipped
- 34. Location
- 35. Volcanic outpouring
- 36. Mimicker
- 38. Chile's mountains
- 42. Receive willingly
- 44. Parched
- 47. Homes
- 49. Appraise
- 51. Kinder
- 53. Wild
- 54. Ascend
- 55. Some tides
- 56. Mama's man
- 57. Give forth
- 58. Rod's companion
- 59. Andes native
- 60. Birthday treat
- 62. Submarine sandwich
- 65. Gave lunch to

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HAVE FUN!



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Daily SuDoku: Wed 12-Sep-2018

hard

Very Successful Coffee Café on September 21st.



FRIEND'S OF COUNCIL ON AGING WILL BE SELLING GRANDMA'S CAKES OF NEW ENGLAND IN TIME FOR YOUR THANKSGIVING HOLIDAY

Grandma's cakes are made in Boston and one of our volunteers drives in to pick them up the day after they are baked. If you had one during our July fund raiser, you know what we are talking about. Grandma's cakes are made with fresh eggs and bourbon vanilla. We are offering 4 varieties, Cinnamon Walnut, Granny Smith Apple with walnuts and Cinnamon without walnuts and Blueberry (no walnuts). All cakes are 8" and will serve 8 - 12 people at a cost of \$13.00. We will be taking orders until November 1st for delivery on November 19, in time for the Thanksgiving holiday.

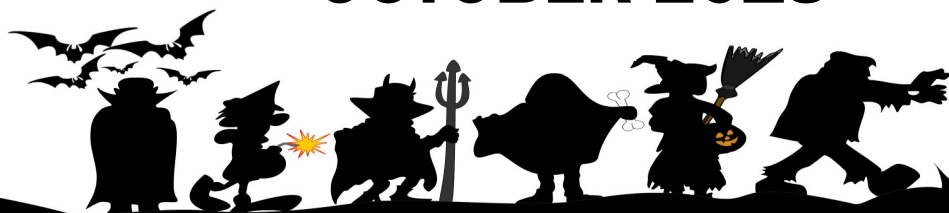
Yoga 9:00

Now this is what you do if you want one of these great cakes for your holiday and, at the same time, support the Friends of Berkley Council on Aging.

1. Call 508-824-0887, leave your name and phone number and the flavor and number of cakes you wish to order.
2. Someone will call you back to confirm your order. We will have the cakes just before Thanksgiving on November 19, and you can pick them up at the Council on Aging Activity Room.



OCTOBER 2018



Mon	Tue	Wed	Thu	Fri
1 Aerobics 8:15 Mah Jong 10:00 Happy Hearts	2 Yoga- 9 :00 Tai Chi- 10:30 Quilting- 11:30	3 Body in Motion— 10 :00	4 Tai Chi - 10 :00 Friends: 11:30 BOD 12:30	5 Aerobics- 8:15 am Coffee and Chat 9:15
8 Aerobics 8:15 Mah Jong 10:00 Happy Hearts 12:30	9 Yoga- 9 :00 Tai Chi- 10:30 Quilting- 11:30 BINGO 1:00	10 Body in Motion - 10 :00	11 Tai Chi - 10 am Friends : 11:30 Bridge 2:00	12 Aerobics- 8:15 am Coffee and Chat 9:15
15 Aerobics 8:15 Mah Jong 10:00 Happy Hearts-	16 Yoga 9:00 Manicules Tai Chi- 10:30 Quilting 11:30	17 Body in tion— 10 :00 Friends Luncheon 1:00 Movie 1:30 The	18 Tai Chi - 10:00 Bridge 2:00	19 Aerobics- 8:15 am Coffee Café 10:30 AARP FRAUD
22 Aerobics 8:15 Mah Jong 12:30 Happy Hearts-	23 Yoga- 9 :00 Tai Chi- 10:30 Quilting- 11:30	24 Food Distribution - 9:00 Health Clinic - 9:00	25 Podiatry - 9:00 AM - 5:00 PM Tai Chi - 10 :00 Friends: 11:30 Bridge 2:00	26 Aerobics- 8:15 am Coffee and Chat 9:15
29 Aerobics 8:15 Mah Jong 10:00 Happy Hearts 12:30	30 Yoga 9:00 Manicules Tai Chi- 10:30 Quilting 11:30	31 Body in Motion 10:00 Movie: Sleepy Hal- low 1:00	Halloween mov- ie and refresh- ments	

Council on Aging
1 North Main Street
Berkley, MA 02779

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

Return service requested

