



Berkley Council On Aging Newsletter

November 2019

BOARD MEMBERS:

Chair - Margaret Clark-Moroff; Acting Secretary– Nancy Thompson;
Member– Loretta Marshall

Associate Members: Mary Shilonski, Priscilla Martin

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

Nov 12th Manicures 11-2 by appointment only

Nov 20th Ceramics 1:00 PM call to register

Nov 20th Brown Bag call to register pick up 9 –11

Nov 25th Newport Playhouse leaving 9:45 AM

We 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

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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

Hello Berkley,

Please let me take a few minutes to introduce myself. For those of you I haven't met yet, my name is Cindy Crimlisk.

I am very proud and honored to be the new director for your council on aging. I have been a life long resident of the surrounding area. I do have connections to Berkley my mom and her family lived on Plain St East.

I would love to see you come join us at the Berkley COA and be part of the fun. Also, if you have any ideas for groups please feel free to let me know.

Sincerely,

Cindy

TRIVIA QUESTION:

Can you name the first individually wrapped penny candy ?

Tootsie Roll

CALLING ALL READERS:

Please take advantage of the POP-UP library. It is available on Thursdays from 8- Noon in the conference room. Just about any service you can do at the library can be done at the POP-UP.

Such as getting a library card, putting a book on hold, returning books.

Asking questions about your favorite authors or new books.



REMINDER:

Medicare Open Enrollment is from October 15—December 7.

If you have questions or need assistance please call Lucille your S.H.I.N.E representative at the COA on Wednesdays, or leave Message. The new fuel assist income of levels are now available. Serving Health Information Needs of Everyone

Veterans Day History

November 11th is the day we celebrate Veterans day, it was originally called Armistice Day. It was to mark the first anniversary of the ending of World War I back in 1919.

Then in 1954 Dwight D. Eisenhower officially changed it to Veterans Day.

No matter how you prefer to refer to the holiday, it is a day to honor and show our respect and gratitude to all the men and women who serve in our armed services.



Apple Varieties

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

AMBROSIA

CAMEO

GRANNY SMITH

PACIFIC ROSE

AURORIA

COSMIC CRISP

HONEYCRISP

PINK LADY

AUTUMN GLORY

CRIPPS PINK

JAZZ

ROME

BRAEBURN

FUJI

JONAGOLD

SONYA

BREEZE

GALA

JUNAMI

SWEETIE

HEALTH REMINDER:

WE ARE NOW HEADING INTO FLU SEASON.

PLEASE IF YOU ARE NOT FEELING WELL , COUGHING, SNEEZING, FEELING FEVERISH OR JUST PLAIN ACHY. TAKE THE DAY OFF FROM COMING TO THE CENTER. WE WILL MISS YOU BUT WE WANT YOU TO TAKE CARE OF YOURSELF.

SOME SUGGESTIONS:

Get your flu shot the sooner the better

Get plenty of rest

Stay hydrated, drink plenty of water

WASH YOUR HANDS FREQUENTLY

Wipe down your shopping cart handle



The **BRIDGE CLUB** is looking for anyone that may be interested in playing or learning to play.

They meet on Thursday afternoons at 2. Everyone is welcome.

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

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

NOVEMBER 2019

SUN	MON	TUE	WED	THU	FRI	SAT
C.O.A 508 821-3105					1 8:15 Aerobics 9:30 Chair Yoga 10:15 Coffee Chat	2
3	4 8:15 Aerobics 9 Italian 10 Mah Jong 12:30 Happy Hearts	5 9:00 Yoga 10:30 Tai Chi 11:30 Quilting	6 10 Body In Motion	7 8-12 Pop up Library 9:30 Tai Chi 2 Bridge	8 8:15 Aerobics 9:30 Chair Yoga 10:15 Coffee Chat	9
10	11 Thank You to all our Service Men and Women 	12 9:00 Yoga 10:30 Tai Chi 11:30 Quilting 1 BINGO	13 10 Body In Motion 12 Luncheon for Priscilla	14 8-12 Pop up Library 9:30 Tai Chi 2 Bridge	15 8:15 Aerobics 9:30 Chair Yoga 10:15 Coffee Chat	16
17	18 8:15 Aerobics 9 Italian 10 Mah Jong 12:30 Happy Hearts	19 9:00 Yoga 10:30 Tai Chi 11:30 Quilting	20 9 Brown Bag 10 Body In Motion 1 Ceramics	21 8-12 Pop up Library 9:30 Tai Chi 2 Bridge	22 8:15 Aerobics 9:30 Chair Yoga 10:15 Coffee Chat	23
24	25 8:15 Aerobics 9 Italian 10 Mah Jong 12:30 Happy Hearts	26 9:00 Yoga 10:30 Tai Chi 11:30 Quilting 1 BINGO	27 10 Body In Motion	28 Happy Thanks - giving ! 	29 8:15 Aerobics 9:30 Chair Yoga 10:15 Coffee Chat	30

Council on Aging
1 North Main Street
Berkley, MA 02779

PRESORTED STANDARD
U.S POSTAGE PAID TAUNTON, MA
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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.



*Happy
Thanksgiving
To
Everyone*