



Berkley Council On Aging Newsletter

Summer 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

Mary Shilonski—Associate Member

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.

PLEASE: If we ask you to call for a reservation, please call by the deadline. If it is for a meal, do not just show up and expect to eat. We order food based on the number attending and other people should not get less because you did not bother to call. If we put you on a waiting list, and you know someone is not able to make it, please do not just take it upon yourself to "fill" their spot. We have a waiting list by who signs up first. It is not fair to jump in front of someone who was placed on the list before you.

Up coming events

Calendars for July, August and September are attached with all the exercise classes, crafts and luncheons included. We have added Chair Yoga and classes to learn to speak Italian both beginning in July.

****September 12th we will have a bus trip to the Norman Rockwell Museum in Stockbridge, MA followed by lunch at the Red Lion Inn, sponsored by the Friends of the COA. This trip will be free to Berkley Residents, non-residents will make a donation of \$60, IF space allows. Please call in your reservation by September 6th. First come first served, as space allows.** There will also be sign up sheets located at the center.

**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

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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

If it is hot out and you need some relief, come on down to the Activity Room at the Town Office Building. On hot days we will try to keep the center open all day to give seniors a place to come and get some air-conditioning.

In July we will begin classes in Italian.

Class will be on Mondays at 9:00. Call to sign up. Please bring a notebook and pen.

The Pop Up Library is moving from Monday to Thursday. The Pop Up library will be open from 8:00 –12:00.

Attention: We are trying to keep our exercise programs free. We will be relying on donations to do this. We have noticed that donations have been falling off. Please donate what you are able.

All of our exercise programs WILL continue through the summer. We have added Chair Yoga, which will begin on Friday July 5th at 9:30 AM.

July 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9:00 Italian 10:00 Mah Jong	2 9:00 Yoga 10:30 Tai Chi 11:30 Quilting	3 10:00 Body In Motion	4 Friends on the Common Hot dog lunch and entertainment.	5 9:30 Chair Yoga 10:15 Coffee Chat	6
7	8 8:15 Aerobics 9:00 Italian 10:00 Mah Jong	9 9:00 Yoga 10:30 Tai Chi 11:30 Quilting 1:00 BINGO	10 10:00 Body In Motion	11 8-12 Pop Up Library 9:30 Tai Chi	12 8:15 Aerobics 9:30 Chair Yoga 10:15 Coffee Chat	13
14	15 8:15 Aerobics 9:00 Italian 10:00 Mah Jong	16 9:00 Yoga 10:30 Tai Chi 11:30 Quilting	17 10:00 Body In Motion 11:30 Chow Mein Lunch Movie TBD	18 8-12 Pop Up Library 9:30 Tai Chi	19 8:15 Aerobics 9:30 Chair Yoga 10:15 Coffee Chat	20
21	22 8:15 Aerobics 9:00 Italian 10:00 Mah Jong	23 10:30 Tai Chi 11:30 Quilting 1:00 BINGO Manicures by appt	24 9:00 Brown Bag + Health Clinic 10:00 Body In Motion	25 8-12 Pop Up Library 9:30 Tai Chi Podiatrist—By Appt.	26 8:15 Aerobics 9:30 Chair Yoga 10:15 Coffee Chat 10:30 Scrabble	27
28	29 8:15 Aerobics 9:00 Italian 10:00 Mah Jong	30 9:00 Yoga 10:30 Tai Chi 11:30 Quilting	31 10:00 Body In Motion 1:00 Ceramics Coffee mugs!	508-821-3105		

AUGUST 2019

Sun Mon Tue Wed Thu Fri Sat

508-821-3105				1 8-12 Pop Up Library 9:30 Tai Chi	2 8:15 Aerobics 9:30 Chair Yoga 10:15 Coffee Chat	3
4	5 8:15 Aerobics 9:00 Italian 10:00 Mah Jong	6 9:00 Yoga 10:30 Tai Chi 11:30 Quilting	7 10:00 Body In Motion	8 8-12 Pop Up Library 9:30 Tai Chi	9 8:15 Aerobics 9:30 Chair Yoga 10:15 Coffee Chat	10
11	12 8:15 Aerobics 9:00 Italian 10:00 Mah Jong	13 9:00 Yoga 10:30 Tai Chi 11:30 Quilting 1:00 BINGO	14 10:00 Body In Motion 1:00 Ceramics	15 8-12 Pop Up Library 9:30 Tai Chi	16 8:15 Aerobics 9:30 Chair Yoga 10:15 Coffee Chat	17
18	19 8:15 Aerobics 9:00 Italian 10:00 Mah Jong	20 9:00 Yoga 10:30 Tai Chi 11:30 Quilting Manicures by appt	21 10:00 Body In Motion Meatball Sub Lunch Movie TBD	22 8-12 Pop up library 9:30 Tai Chi	23 8:15 Aerobics 9:30 Chair Yoga 10:15 Coffee Cafe	24
25	26 9:00 Italian 10:00 Mah Jong Paint Party with Amy 1:00	27 9:00 Yoga 10:30 Tai Chi 11:30 Quilting 1:00 BINGO	28 9:00 Brown Bag + Health Clinic 10:00 Body In Motion	29 8-12 Pop Up Library 9:30 Tai Chi	30 9:30 Chair Yoga 10:15 Coffee Café 10:30 Scrabble	31

SEPTEMBER 2019

Sun Mon Tue Wed Thu Fri Sat

1	2 8:15 Aerobics Labor Day	3 9:00 Yoga 10:30 Tai Chi 11:30 Quilting	4 10:00 Body In Motion Craft with Amy 1:00	5 8-12 Pop Up Library 9:30 Tai Chi 2:00 Bridge	6 8:15 Aerobics 9:30 Chair Yoga 10:15 Coffee Chat	7
8	9 8:15 Aerobics 10:00 Mah Jong 12:30 Happy Hearts	10 9:00 Yoga 10:30 Tai Chi 11:30 Quilting 1:00 BINGO	11 10:00 Body In Motion	12 8-12 Pop Up Library 9:30 Tai Chi 2:00 Bridge	13 8:15 Aerobics 9:30 Chair Yoga 10:15 Senior Talent Showcase	14
15	16 8:15 Aerobics 9:00 Italian 10:00 Mah Jong 12:30 Happy Hearts	17 9:00 Yoga 10:30 Tai Chi 11:30 Quilting	18 10:00 Body In Motion Ceramics 1:00	19 8-12 Pop Up Library 9:30 Tai Chi 2:00 Bridge	20 8:15 Aerobics 9:30 Chair Yoga 10:15 Coffee Café Fall Prevention—By Appointment	21
22	23 8:15 Aerobics 9:00 Italian 10:00 Mah Jong 12:30 Happy Hearts	24 9:00 Yoga 10:30 Tai Chi 11:30 Quilting 1:00 BINGO Manicures by appt	25 9:00 Brown Bag + Health Clinic 10:00 Body In Motion Chow Mein Lunch MOVIE TBD	26 8-12 Pop up Library 9:30 Tai Chi 2:00 Bridge	27 8:15 Aerobics 9:30 Chair Yoga 10:15 Coffee Café 10:30 Scrabble	28
29	30 8:15 Aerobics 9:00 Italian 10:00 Mah Jong 12:30 Happy Hearts	Friends Trip to	Pennsylvania	508-821-3105		

Council on Aging
1 North Main Street
Berkley, MA 02779

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