



THE BERKLEY BEACON

Town of Berkley
Council on Aging
1 North Main Street
Berkley, MA 02779

DECEMBER 2021 NEWSLETTER

Our Offerings

- Aerobics
- Italian lessons
- Tai Chi
- Quilting
- BINGO
- Yoga & Chair Yoga
- Mah Jong
- Cards/Board Games
- Body in Motion
- Painting & Crafts
- Manicures
- Coffee Talk Café
- Movies - Presentations

Individual Highlights

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Mission Statement

To promote and support Berkley seniors to stay safe and active, participate in programs, enjoy life, and stay in their own homes for as long as possible.

A Message from The Director

In the Spirit of the Holidays

*I wish you an abundance of blessings, so you can share some with others.
 May your love for you never falter, cause you need to love you to love others.
 I wish you all the clarity, to discern what matters most.
 May your time be well-spent, to spend on what's important to the utmost.
 I wish you daring spirit, to change the things in your life that you can.
 May you have plenty to resolve, to accept those you want to change but can't.
 I wish you all the love in the world, to bring you contentment and felicity.
 May you live a life of meaning, cause that's a wonderful life really.*

Amanda Blais

IMPORTANT ANNOUNCEMENTS

Parking at the COA – Whether you are at the COA for an activity or just visiting, please park your vehicle in spaces that are in front of the COA building. Overflow parking is located across the street. We ask that you do not park in spaces designated for Town Hall business.

COA Code of Conduct and Behavior Policy – It is important that we refrain from bullying, harassment, discussions of politics and political views, and signing of petitions. Please refrain from such behavior. We want everyone to feel safe within the COA to enjoy activities and our environment. Thank you for cooperating!

Elder Mental Health Outreach Program

This is a free service to anyone who would enjoy having scheduled visits to talk about anything with a counselor. Visits are to talk about anything on a personal, yet confidential level, including daily events, history of loss, sadness, loneliness, etc. A counselor would call you to schedule in-person or telephone sessions. This service is offered to provide an extra person to talk to and can be discontinued at any time. Please call the COA at (508) 821-3105 to complete an intake form.

Ceramics

Pagano Creations will be here for ceramics on Wednesday, December 8th from 1:30-3pm! You will have the option to choose from an assortment of ceramics to paint during class. You must **R.S.V.P** by calling or stopping by the COA. A minimum of 10 participants are required for the class to be offered.

Fees: \$10 for residents & \$20 for non-residents

Manicures with Kerrie

Get a manicure with Kerrie! Call the COA to reserve your appointment for Monday, December 20th between 10am & 1:30pm.

Fees: Berkley resident \$5, non-resident \$12.



BERKLEY COUNCIL ON AGING
Cordially Invites You to Our

ANNUAL HOLIDAY PARTY

Saturday, December 4th
Noon to 2:00PM

Berkley Middle School
21 North Main Street

ENJOY A FREE CATERED MEAL WITH LIVE HOLIDAY MUSIC
BY SOMERSET-BERKLEY HIGH SCHOOL CHOIR

R.S.V.P. REQUIRED – CALL THE COA at (508) 821-3105

100 SEATS AVAILABLE TO BERKLEY SENIORS &
ACTIVE FRIENDS MEMBERS



BOSTON SYMPHONY HALL HOLIDAY POPS

Saturday, December 11th

34 seats available • R.S.V.P. (508) 821-3105
(Berkley seniors & active Friends of COA members given priority;
out of town seniors will be waitlisted)

\$20 Berkley seniors; \$45 Out of town seniors
Includes bus, show ticket & snacks on bus
Leave Berkley COA at 1:30pm
(park in overflow lot across from COA)

Rejoice as conductor Keith Lockhart and the Boston Pops return for a performance filled with holiday music favorites, the jubilant Pops sing-along, and a visit from Santa Claus himself!

Rep. Norman Orrall Office Hours

Rep. Orrall (or sometimes his legislative staff) are here to provide office hours on the third Monday of the month returning Monday, December 20th from 9:30-10:30am in the small conference room near the Activity Room. To request that Rep. Orrall be here directly, call (617) 722-2090.

ARTS & CRAFTS

with Amy

CLAY POT CHRISTMAS

Workshop

Choose to make a Snowman, Reindeer, Christmas Tree & More.
Keep for yourself or give as a gift!



\$10 Berkley Residents
\$20 Non-Residents
includes all supplies & instruction.

Thursday, December 16th at 1 p.m.

RESERVE YOUR SPOT TODAY!

(508) 821-3105

ARTS & CRAFTS

with Amy

CHRISTMAS ORNAMENT

Workshop

Make multiple ornaments using various materials.
Keep them for yourself or give as gifts!



\$10 Berkley seniors
\$20 non-residents
includes all supplies & instruction.

Thursday, December 9th at 1 p.m.

at the Berkley Council on Aging

(508) 821-3105 RESERVE YOUR SPOT TODAY!



Grab n' Go Lunches

Grab n' Go lunches continue to be provided by Bristol Elder Services! Pickups will be weekly on Fridays between 10:30-11:30am at the Berkley COA. Lunches are available to any senior resident in Berkley and there are no income guidelines to follow. You **must** see the Director to complete the necessary one-time forms and you must **R.S.V.P.** by calling the COA at (508) 821-3105 by 10am on the Thursday before pickup. It is important that you reserve your lunch(es) ahead of time to ensure we have enough to provide. A menu is provided for the month of September to inform you of the lunch you can expect to receive.

December 3 rd		December 10 th	
Hot Dog	550 calories	Swedish Meatballs	358 calories
Mustard	55 calories	Mixed Vegetable	41 calories
Baked Beans	36 calories	Egg Noodles	35 calories
Hot German Slaw	81 calories	Whole Wheat Bread	160 calories
Hot Dog Bun	210 calories	Clementine	6 calories
Peaches	5 calories		
Calories: 738 Sodium: 1109mg Carbs: 82g		Calories: 706 Sodium: 772mg Carbs: 85g	
December 17 th		December 24 th	
Baked Ham	294 calories	NO LUNCHES – COA CLOSED	
Honey Glaze	73 calories	CHRISTMAS EVE	
Carrots & Turnips	29 calories		
Red Bliss Potatoe	4 calories	December 31 st	
Honey Wheat Bread	135 calories	NO LUNCHES – BRISTOL ELDERS' NOT SERVING	
Iced Chocolate Brownie	160 calories	NEW YEAR'S EVE	
Calories: 668 Sodium: 865mg Carbs: 107g			



YOGA INSTRUCTOR: MONICA PARRIS

If you are glancing over this newsletter and something made you continue reading this article, then allow me to share insight into yoga, my connection, and the rewards possible.

As an emergency room nurse and mother, yoga became my outlet. Fate brought me to teach in Berkley – the town I grew up in, bought a home, and raised my family in.

Holistic in nature, I believe learning to listen to your body, accepting its imperfect perfections (but only through trying) and learning to let go is the mission of class. Each class includes instruction into and out of postures with options that offer different levels of practice. You'd be amazed at some of the ways we get into some seemingly impossible positions! We strengthen each week as a group, learning from each other and supporting each other on and off the mat, making class fun. We twist, bend, and tumble out of poses, and we do the hardest pose possible; we find stillness and learn to follow our breath.

Education on health and wellness during yoga class will help you learn to listen to your body, change it for the better, and make you want to return to your mat each week. Class is open to all on Fridays at 9am in the COA Activity Room. Mats and supplies provided.

CHRISTMAS MEAL DELIVERY

COURTESY OF THE BERKLEY CONGREGATIONAL CHURCH

Christmas Day, December 25th

Available to any senior individual or senior couple that is going to be alone and would like a hot meal delivered to them

R.S.V.P. with the COA Director by
December 16th

(508) 821-3105

Berkley Historical Society

Moments from the Museum:



In addition to viewing the Berkley history collection, we would be delighted if you brought pictures of your family homestead or any other events associated with Berkley so we can scan them to add to our collection. You will take home the original pictures. You will also find a nice selection of Berkley motif gift items including books, pottery, tote bags, a woven throw blanket, postcards of the old Berkley-Dighton Bridge, and much more. As a non-profit organization, each purchase helps to keep the BHS Museum open for visitors to come and step back into Berkley history! The gift giving season is coming soon! The Berkley Historical Society Museum is planning to be open for a Lights On event on Sunday, December 12th. Please contact the Museum for more information.

Facebook: The Berkley Historical Society | Email: info@berkleyhistorical.org | Museum Phone: (774) 872-5304

The BHS Museum is open on Tuesdays from 10am-1pm. It is located at 2 North Main Street in Berkley, across the street from the Safety Building. Admission is FREE! We look forward to seeing you.

Submitted by Eden Jones

Berkley Public Library

Looking to cook up something delicious for the holidays? Come in and check out our non-fiction section for a variety of Christmas and Holiday cookbooks. From Christmas snacks and cookies, to a full holiday meal, you'll be able to find some great new recipes or maybe some old classics. • Our non-fiction section also has many holiday craft books and gift ideas. Check out Food Gifts: More Than 325 Ideas for Delicious Foods & Pretty Packages, Knitted Animal Hats: 35 Designs from the Animal Kingdom for Babies, Kids & Teens, Christmas Ornaments: 27 Charming Decorations to Make from Wreaths & Garlands to Baubles and Table Centerpieces. • New Holiday fiction is also here: The Christmas Wedding Guest by Susan Mallery & Dear Santa: A Novel by Debbie Macomber. • For December, the No Stress Book Club will be reading A Bad Day for Sunshine by Darynda Jones. Meeting will be December 2nd at 6:00pm.

Berkley Public Library (508) 822-3329

E-mail: berpl@sailsinc.org | Website: www.berkeleylibrary.org

FRIENDS OF THE BERKLEY PUBLIC LIBRARY
WITH ARAUJO FARMS

TAKE & MAKE KITS: HOLIDAY PATIO POTS



\$40.00
Call to Register &
Prepay
508-669-6988

Pick-up Time
Saturday
December 4
10 am - 5 pm

1522 Williams St
Dighton, MA 02715



SAVE THE DATE

PODIATRY CLINIC

Dr. Smith will be back in January! Time slots are 9-11am. Please call the COA to schedule your appointment!

(508) 821-3105

BLOOD PRESSURE CLINIC

Barbara Rounds
Retired Nurse
4th Wednesday of the Month
December 22nd
9-10 am • COA Activity Room

BROWN BAG

December 22nd

Income guidelines apply. Please call the COA to determine eligibility.

(508) 821-3105

HAPPY HEARTS

UPCOMING SCHEDULE
10:30am

December 2nd

December 9th
(Christmas Party)

December 16th

December 23rd
(NO MEETING)

December 30th

FRIENDS of Berkley COA

QUILT RAFFLE FUNDRAISER

Quilt Name: Sunny Daze
Hand-quilted quilt and 2 standard-size pillow shams. Quilt fits a Full-Size Bed.
Donated by Nancy Thompson

Winner will be drawn during the Holiday Lunch in December 2021 (winner does not need to be present)

\$3.00 per ticket
\$10.00 for 5 tickets
\$15.00 for 10 tickets

Tickets can be purchased from any member of the Friends of Berkley COA: Nancy Townley, Priscilla Martin, Elisabeth Monkowski, Jackie Arnoe, Kathy Medeiros, Vivian Fairhurst, Nancy Thompson, Mary Ricci



BRIGHT NIGHTS BUS TRIP

Wednesday, December 8th • 10am • Springfield

This is a one-day trip. Bus will leave the Berkley Common at 10:00am for Yankee Candle in South Deerfield. An early dinner will be at Golden Corral Buffet at about 4:00pm. There will be 2 ½ miles of lights and Holiday displays at Bright Nights. Return to Berkley Common around 9:00pm. No walking (the bus will be riding through the Bright Nights display).

Price includes bus, bus driver's tip, dinner & tip, and Bright Nights. This is a fundraiser for the Friends of Berkley Council on Aging.

Please sign-up on the sign-up sheet at the Council on Aging and drop-off check with the Director or contact Priscilla Martin at (508) 572-4869 to make arrangements.

Fee: \$65.00 per person

**Make check payable to:
Friends of Berkley COA**

YANKEE
CANDLE®



MONTHLY LUNCHEAS ARE COMING BACK IN 2022

JANUARY



Pulled Pork Sandwich

FEBRUARY



Chowder & Quahogs

MARCH



Meatball Sandwich

APRIL



Chow Mein Sandwich

MAY



Soft Shell Taco

June through December menu still to come • Lunches will include a drink and dessert • Price and dates to follow

FRIENDS OF BERKLEY COA MEMBERSHIP DONATIONS

Membership applications can be found at the COA, just ask for one!

MEMBERSHIP COSTS: Individual \$10 • Senior \$5 • Family \$25 • Donations – any amount

BERKLEY FIRE/RESCUE

Blue Address Sign Campaign

These signs help members of the Fire Department locate your house in an emergency (it also helps delivery drivers!) Seconds count in an emergency and these help greatly. We are offering **FREE** signs for seniors ages 65+ (limited to the first 200 only) who do not have an address sign. All other signs are \$20. Fill out a request form (the COA has forms too) and drop it off at the Berkley Fire/Rescue, 5 North Main Street – next door to COA/Town Hall. For the free sign, we will request to make a photocopy of your driver's license/ID to confirm age and residency. We can also assist with mounting the signs if needed. Please call the Fire Department at (508) 822-7516 to request assistance or ask when you request a sign.

**Please make check payable to:
Berkley Fire Association • Fee: \$20**

Please mount sign at the end of driveway approx. 4' off the ground. If your driveway is not on your actual street, please add your street name with your number.



FINANCIAL PLANNING

Want to get your financial house in order? Join Alberto Rizzotti, CLU, ChFC, CASL, for an informal financial strategies meeting. Make the most of your retirement. Get your questions answered. Learn about the financial pyramid, life insurance, retirement options and more. Attendance is open to anyone. Please confirm your attendance by calling the COA at (508) 821-3105. **Dec. 15th from 6-8pm in the COA Activity Room**

SENIOR SAFE ID's

Bristol County Sheriff's Office will be back to offer seniors a chance to create a Senior Safe ID. **Check calendar on page 7 for dates/time.**

Fuel Assistance

Fuel assistance begins November 1st. This program provides assistance to low-income eligible individuals and families to help pay for heating costs. If you received fuel assistance last year, Citizens for Citizens, Inc. will be mailing out this year's renewal application around the end of August and during September. For new enrollees, applications will be made available at the Berkley Council on Aging sometime in October. If you wish to apply for the first time, or require help with the renewal process, please call Lucille, our Outreach Worker, at (508) 821-3105 for more information or for a list of required documentation.

Medicare Open Enrollment

Every year, Medicare Part D, Medigaps and Medicare Advantage (HMO, PPO) plans can change their premiums, co-pays, deductibles, formularies (list of drugs covered) and preferred pharmacies. It's important to review your options EVERY year to make sure you have the plan that works best for you for 2022.

We want to remind you that our SHINE Counselor, Lucille, is here to assist with your Medicare and Medicaid needs, especially during the **Annual Open Enrollment** from **October 15th through December 7th**. This is the time of the year to review and change your Medicare coverage for 2022. We will start taking appointments for Open Enrollment in October.

Are you turning 65? Are you thinking about retiring? Are you struggling to financially cover your medical expenses? For assistance with Medicare issues, schedule your appointment with Lucille by calling the COA at (508) 821-3105.

CHALICE THRIFT STORE
Open every Friday & Saturday
10 am - 4 pm

SENIOR DISCOUNT
FIRST FRIDAY OF EVERY MONTH
50% off ENTIRE STORE

FIRST PARISH CHURCH
76 Church Green Taunton, MA

Neighbors Helping Neighbors

A COA FORUM TO PROMOTE HELPING YOUR FELLOW NEIGHBOR

"My name is Matt Thompson and I am a long-time Berkley resident. I now have stage 4 kidney disease and need a kidney. If you or anyone you know can donate a kidney to me, I would be forever grateful. If you can't help me and are interested in helping someone, sign up to be an organ donor. I can be reached at thompsontreeco@comcast.net. Thank you."



Become a volunteer at the COA! Opportunities include: Transporting senior residents to and from medical appointments • Assisting with grocery shopping/pickup or prescription pickup • Monthly newsletter mailing • Events • Other opportunities as they become available

Are you in need of assistance or a special item? Call the COA at (508) 821-3105 to ask how you can be added to this community forum. Your neighbor may be able to help!

DECEMBER 2021

Activities & Meeting Schedule



Aerobics – Daily at 8am on Channel 9
 Tai Chi is held at 3 Grove Street, Myricks (Old RR Depot)
 Bingo is held every other week unless posted different
 Blood Pressure Clinic – 4th Wednesday of the month
 Chair Yoga – 1st & 3rd Wednesday of the month
 Body Sculpting – 2nd & 4th Wednesday of the month
 Friends of COA – 1st & 3rd Wednesday of the month

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		9:00 Chair Yoga \$2 10:00 Friends 12:30 Bingo	10:30 Happy Hearts 10:30 Senior ID's 10:30 Tai Chi \$2 2:30 COA Meeting	9:00 Yoga \$2 10:30-11:30 Grab n Go lunch pickup NO AEROBICS 12:30 Coffee Talk
6	7	8	9	10
9:00 Italian NO AEROBICS 12:30 Coffee Talk 12:30 Mah Jong	10:15 Body in Motion \$2 10:30 Tai Chi \$2 11:30 Quilting	10:00 Body Sculpting \$2 1:30-3 Ceramics \$10/\$20	NO HAPPY HEARTS 10:30 Tai Chi \$2 1:00 Christmas Ornament Workshop	9:00 Yoga \$2 10:30-11:30 Grab n Go lunch pickup 11:30 Aerobics \$2 12:30 Coffee Talk
13	14	15	16	17
9:00 Italian 11:30 Aerobics \$2 12:30 Coffee Talk 12:30 Mah Jong	10:15 Body in Motion \$2 10:30 Tai Chi \$2 11:30 Quilting	9:00 Chair Yoga \$2 10:00 Friends 12:30 Bingo 6-8:00pm Financial Planning	10:30 Happy Hearts 10:30 Tai Chi \$2 1:00 Clay Pot Christmas Craft	9:00 Yoga \$2 10:30-11:30 Grab n Go lunch pickup 11:30 Aerobics \$2 12:30 Coffee Talk
20	21	22	23	24
9:00 Italian 9:30-10:30 Rep. Orrall Office Hours 11:30 Aerobics \$2 12:30 Coffee Talk 12:30 Mah Jong *Appt Manicures	10:15 Body in Motion \$2 10:30 Tai Chi \$2 11:30 Quilting	9-10:00 Blood Pressure Clinic 10:00 Body Sculpting \$2 10-11:00 Brown Bag pickup	COA CLOSED TO OBSERVE CHRISTMAS EVE	COA CLOSED FOR CHRISTMAS EVE
27	28	29	30	NEW YEAR'S EVE 31
COA CLOSED TO OBSERVE CHRISTMAS DAY	10:15 Body in Motion \$2 10:30 Tai Chi \$2 11:30 Quilting	10:00 Senior ID's 10-noon Price is Right w/ Arbors 12:30 Bingo	10:30 Happy Hearts 10:30 Tai Chi \$2	9:00 Yoga \$2 10:30-11:30 Grab n Go lunch pickup 11:30 Aerobics \$2 12:30 Coffee Talk

As always, the Council on Aging greatly appreciates the donations we have received and continue to receive. We could not offer activities and programs without the help of donations!

PRESORTED STANDARD
U.S. POSTAGE PAID TAUNTON, MA
PERMIT # 73

Come Join the Fun!



December 29th
10am - Noon

At the Berkley C.O.A
1 North Main Street,
Berkley, Ma

Hosted by The Arbors at Taunton



Prizes Games & more

STAFF

Amanda Blais, Director
Lucille Dallaire, SHINE/Outreach

(508) 821-3105

coa.director@berkleyma.us
ldallaire@berkleyma.us

BOARD MEMBERS

Margaret Clark-Moroff, Chair Nancy Thompson Arlene Medeiros Wendy Cochrane

SOCIAL MEDIA

Facebook: Berkley Council on Aging Instagram: berkleycouncilonaging
Website: TownOfBerkleyMA.com/council-aging

COUNCIL ON AGING HOURS OF OPERATION

Monday – Wednesday: 9am to 3pm
Thursday: 9am to 1pm Friday: 9am to 1pm

NEWSLETTER REMINDER

In an effort to save money to print our newsletters, please call us to let us know if you wish to be taken off of our mailing list or if you will temporarily be away from your residence.

Newsletters can also be viewed on our website:

<https://www.townofberkleyma.com/council-aging/pages/newsletters>

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