



## **Berkley Council On Aging Newsletter**

**January 2019**

### **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, enjoy life and to stay in their homes for as long as possible.

### **Up coming events**

- On Wednesday January 9th we will be making ceramic Valentine's Day vases. Free to Berkley seniors, and \$18 to our out of town senior guests.
- On Wednesday January 16th we will be making mosaic trivets or coasters. Free to Berkley seniors and \$20 to our out of town senior guests.
- On Wednesday January 23rd we will be making dish gardens. Free to Berkley seniors and \$5.00 to our out of town senior guests.
- Manicures are Tuesday January 15th.
- Please call 508-821-3105 to reserve a spot in the above activities.

There is a donations box on the table next to the kiosk where you sign in at the Senior Center. We do not charge for our programs, but donations are accepted. Donations help us provide special programs in the center.

### **Why are we asking you to sign in?**

At present time, there are no paid employees at the senior center. We are all volunteers and we rely on funding from the State and the Town to run the various programs and classes that we offer. To this end, we need to file reports providing data and statistics regarding the use of the center.

In the past this has been a very time consuming proposition, and many times the daily sign in sheets would be misplaced so our figures were understating the usage of the center. The software we are now using actually calculates and prints the required reports for us, freeing us up to dedicate more time to actual programming.

We appreciate everyone's help in signing in so we can provide more programs and activities in the future.

Please call for a reservation for our programs. Things happen, and we understand sometimes you may need to cancel. PLEASE, call and let us know when this happens. When it says FREE to Berkley seniors, that means that the COA is paying for you. If you do not show up, we have to pay for the spot. Sometimes we have a waiting list, and we could call someone else to come in and take your spot. Please, be courteous and let us know!

**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 Rep. NORMAN. ORRALL**

**9:30—10:30 a.m., Town Hall**  
**1st Monday of each month**

Puzzle Solution © OnlineCrosswords.net

R	E	I	N		M	A	S	H		M	E	L	O	N	
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Daily SuDoku: Thu 29-Nov-2018

hard

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## Across

- 1. Horse strap
- 5. Crush
- 9. Honeydew, e.g.
- 14. Land unit
- 15. Female singer
- 16. \_\_\_\_ acid (protein component)
- 17. Teen's dance
- 18. Yeas' opposites
- 19. Dressed to the \_\_\_\_
- 20. Melody
- 21. Emerald \_\_\_\_
- 22. Restless
- 23. Tent post
- 25. Ingested
- 26. Cassava starch
- 29. Skinny
- 33. Stand up
- 34. Desire for food
- 35. "The Raven" poet
- 36. Mamas' mates
- 38. "War of \_\_\_\_ Worlds"
- 39. Adventure
- 42. Flower feature
- 44. Teeter-totters
- 45. Willie and Ozzie
- 47. Tax inits.
- 48. Stage awards
- 49. 747, e.g.
- 52. Abrasive particles
- 53. God of love
- 57. Batman's sidekick
- 58. Pretense
- 59. Negative reply
- 60. Occasion
- 61. Bakery worker
- 62. Cat's weapon
- 63. Positive answers
- 64. Scottish loch
- 65. Congers

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## Down

- 1. Enthralled
- 2. Light tan
- 3. Steamy appliance
- 4. Arch enemy
- 5. Madman
- 6. Juneau's state
- 7. Fashion
- 8. Nylons
- 9. Aquatic mammal
- 10. Noteworthy
- 11. Dryer fuzz
- 12. Small bills
- 13. Very inquisitive
- 24. Boot tip
- 25. "Heidi" setting
- 26. Cassettes
- 27. Got up
- 28. Fragment
- 29. Health resort
- 30. Likewise
- 31. Patriot \_\_\_\_  
Allen
- 32. Staggers
- 34. King Kong, e.g.
- 36. Cats' feet
- 37. Classified \_\_\_\_
- 40. Foolish
- 41. Mom and dad
- 42. Layer
- 43. Perfume
- 45. Sounds
- 46. Registers
- 48. Cease-fire
- 49. Hunted animal
- 50. Adore
- 51. Lincoln and  
Vigoda
- 52. Smile
- 54. \_\_\_\_ model
- 55. October's stone
- 56. Bastes

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Daily SuDoku: Thu 29-Nov-2018

hard



Lucille, our SHINE/ outreach worker is in the center on Wednesdays, Please call 508-821-3105 and leave a message, she will call you to schedule an appointment.

We are learning to play Bridge on Thursdays 2:00—4:00 All ability levels are welcome. It is a great exercise for mind and memory as well as being a fun time! Come Join Us!!!

Check out the calendar for the times of our exercise classes, no need to call, just come and join in!

We are looking into adding more exercise programs, so keep an eye out in future newsletters.

Looking for suggestions: Is there a program or activity you would like to see at the center? Please let us know! We are always trying to improve!

We are trying to update our emergency contacts, please make sure you give us that information the next time you are at the center! THANK YOU!

# January 2019

	Mon	Tue	Wed	Thu	Fri	Sat
		1 Center Closed	2 Body in Motion 10	3 Tai Chi 10:00 Friends 11:30 COA 11:00	4 Aerobics 8:15 Coffee Chat 9:15	5
6	7 Aerobics 8:15 Mah Jong 10 Happy Hearts 12:30	8 YOGA 9 Tai Chi 10:30 Quilting 11:30 Bingo 1:00	9 Body in Motion 10 Ceramics 1:00	10 Tai Chi 10	11 Aerobics 8:15 Coffee Chat 9:15	12
13	14 Aerobics 8:15 Mah Jong 10	15 YOGA 9 Tai Chi 10:30 Quilting 11:30 Manicures	16 Body in Motion 10 Mosaics 1:00	17 Tai Chi 10 Friends 11:30	18 Aerobics 8:15 Coffee Chat 9:15	19
20	21 Aerobics 8:15 Mah Jong 10	22 YOGA 9 Tai Chi 10:30 Quilting 11:30 BINGO 1:00	23 Body in Motion 10 Brown Bag and Health Clinic 10 Dish Garden 1:00	Tai Chi 10	25 Aerobics 8:15 Coffee Chat 9:15	26
27	28 Aerobics 8:15 Mah Jong 10 Happy Hearts 12:30	29 YOGA 9 Tai Chi 10:30 Quilting 11:30	30 Body in Motion 10 MOVIE Day 1:00 TBA	31 Tai Chi 10		

**Council on Aging  
1 North Main Street  
Berkley, MA 02779**

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PERMIT NO. 73**

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**Aerobics!!**







## **Berkley Council On Aging Newsletter**

**February 2019**

### **BOARD MEMBERS:**

Chair - Joan Blake; Vice Chair - vacant; Treasurer - 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 as long as possible.

### **Up coming events**

1. Check the calendar for exercise schedules!
2. Make your manicure appointment for Tuesday, Feb 26th. First come first served. Call 508-821-3105 for an appointment.
3. Lunch and a Movie for Valentine's Day on Wednesday, February 13th. Lunch at noon and Movie (When Harry Met Sally) will follow.. Please call in a reservation by February 6th so we will have a number for the caterer. Call 508-821-3105. No cost for Berkley seniors; \$8.00 donation for out of town seniors.
4. There will be no Body in Motion on Feb 13, 20, 27 as Lestyn is away.
5. Ceramics Wednesday, February 20th 1:00. St. Patrick's day decoration.
6. Food Distribution and Health Clinic on Wednesday, February 27th.
7. COA Board of Directors will be meeting on Thursday, February 7th at 11:00 AM, please attend if you are interested in joining the Board. We are looking for help!
8. Paint Day with Amy, Wednesday, February 27th at 1:00 Come paint a winter scene. No experience necessary!

**Important Phone Numbers**

**FIRE/ POLICE**

**MEDICAL**

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**(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 m**

**Veterans Services**

**Donald Hirschy**

**(508) 669-4524**

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Daily SuDoku: Tue 15-Jan-2019

medium

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There is a MA "Circuit Breaker" Income Tax CREDIT available for eligible Homeowners and Renters. You MUST file a MA state income tax form (Form 1 and Schedule CB) to claim it. There are packets available at the COA explaining it. You may file to get a refundable credit for the last 3 years tax returns if eligible. You must be 65 or older by the end of the tax year that you are claiming. Income limits for 2018: Single \$58,000; Head of Household \$73,000 and Married filing jointly \$88,000.

**Across**

- 1. Client
- 5. School table
- 9. Wheat by-product
- 14. Unchanged
- 15. Show boredom
- 16. Brownish gray
- 17. Platoon
- 18. Toledo's lake
- 19. Makes eyes at
- 20. Storage room
- 22. Most distant
- 24. Sci-fi weapon
- 25. Assert
- 26. Gentle animal
- 28. Poked fun at
- 32. Chump
- 35. Make glad
- 38. Budge
- 39. Wise bird
- 40. Emotional stress
- 42. TKO caller
- 43. Clairvoyant one
- 45. Cuban leader
- 46. Strive
- 47. Weirdest
- 49. Negative contraction
- 51. Obtained illegally
- 54. Chicago's airport
- 58. Made a difference
- 61. Passover feast
- 62. Baseball blunder
- 63. Staff officer
- 66. Actor's desire
- 67. Memorize
- 68. Store away
- 69. Rock's \_\_\_\_ Clapton
- 70. Cassettes
- 71. Biblical pronoun
- 72. Religious group

**Down**

- 1. Normal
- 2. December visitor
- 3. Gives forth
- 4. Knotted again
- 5. Coloring substance
- 6. Hearing organ
- 7. Twisting shape
- 8. Genuflect
- 9. Curly or Moe
- 10. Wrestling duo (2 wds.)
- 11. Reign
- 12. Orangutans
- 13. East's opposite
- 21. Moved sneakily
- 23. Crater makers
- 25. Ring
- 27. Voter
- 29. Ilk
- 30. Happily \_\_\_\_ after
- 31. Resist
- 32. Mediocre (hyph.)
- 33. Astounded
- 34. Implored
- 36. Mule's kin
- 37. Peaceful protest (hyph.)
- 41. Forbidden items (hyph.)
- 44. Make like new
- 48. Ships' rears
- 50. "\_\_\_\_ Something About Mary"
- 52. Slightest
- 53. Mrs. Bunker
- 55. Love dearly
- 56. Ancient object
- 57. Put up
- 58. Soften
- 59. Location
- 60. Snare
- 64. Fawn's mom
- 65. Flock mother

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Valentine's Day

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Daily SuDoku: Tue 15-Jan-2019

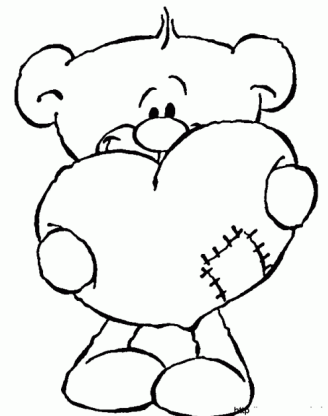
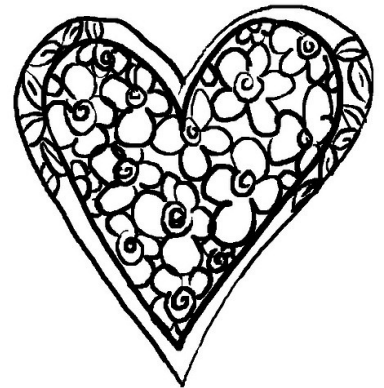
medium

We do not charge for our exercise programs at this time, but donations are gratefully accepted. Donations help us make more programs and events available.

Things happen, if you sign up for an event and cannot make it, please call and let us know! When there is no cost to participants, the COA is paying for it. Sometimes we still have to pay a per person charge for “no shows” and sometimes we have a waiting list and could have offered the spot to someone else!

Puzzle Solution © OnlineCrosswords.net

U	S	E	R		D	E	S	K		S	T	R	A	W
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The Friends of The COA will be bringing their famous luncheons back in May!! The season will begin with their Chow Mein lunch. Set a reminder on your calendar for

# MAY 22ND!

## **Also Coming in MAY:**

Do not forget to sign up for the Paw Sox game. There is still room, but the bus is filling up fast. This is at no cost to Berkley seniors and our out of town senior guests pay only \$25.00. The day includes, the bus transportation (coach bus) to and from the park. Reserved seating and you will be served a hot dog, chips and a soda at your seat. You will also be receiving a Paw Sox baseball cap. Hope to see you there!





Wednesday February 20th 1:00 PM

Come to ceramics and create a St. Patrick's Day decoration.

Call and reserve a spot for this fun time! 508-821-3105


March Ceramic Preview, adorable "chocolate" bunnies!

Wednesday March 20th we will make these adorable "chocolate" bunnies in ceramics!



# WE CAN BE CRAFTY!

# February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Aerobics 8:15 Coffee and Chat 9:00	2
						
3	4Aerobics 8:15 Mah Jong 10:00 Happy Hearts 12:30	5YOGA 9:00 Tai Chi 10:30 Quilting 11:30 BINGO 1:00	6 Body In Motion 10:00	7 Tai Chi 10:00 COA BOD 11:00 Bridge 2:00	8 Aerobic 8:15 Coffee and Chat 9:00	9
10	11Aerobics 8:15 Mah Jong 10:00 Happy Hearts 12:30 KFC	12YOGA 9:00 Tai Chi 10:30 Quilting 11:30	13 Luncheon and MOVIE When Harry Met Sally	14 Tai Chi 10:00 Bridge 2:00	15 Aerobic 8:15 Coffee and Chat 9:00	16
17	18Aerobics 8:15 Mah Jong 10:00	19YOGA 9:00 Tai Chi 10:30 Quilting 11:30 BINGO 1:00	20 Ceramics 1:00	21 Tai Chi 10:00 Bridge 2:00	22 Aerobics 8:15 Coffee and Chat 9:00	23
24	25Aerobics 8:15 Mah Jong 10:00 Happy Hearts 12:30	26YOGA 9:00 Tai Chi 10:30 Quilting 11:30 Manicures by appt.	27 Food Distribution Health Clinic Paint Party 1:00	28 Tai Chi 10:00 Bridge 2:00	29 Aerobics 8:15 Coffee and Chat 9:00	

Call COA at **508-821-3105**

♥ *Happy Valentines Day* ♥

Council on Aging  
1 North Main Street  
Berkley, MA 02779

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

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## CERAMICS

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







# Berkley Council On Aging Newsletter

March 2019

## **BOARD MEMBERS:**

Chair - Joan Blake; Vice Chair - vacant; Treasurer - 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 March 20th 1:00—3:00
2. Podiatrist is here Thursday March 14th call LeeAnn for appointment 508-822-9381
3. Food Pick up and Health Clinic Wednesday, March 27th at 9:00. Food MUST be picked up by 10:00.
4. Paw Sox game Thursday May 16th filling up fast! Bus leaving at 9:15
5. Newport Flower Show Friday June 21st. Lunch at the Atlantic Beach Resort. Bus leaving at 10:00
6. Wednesday March 6th, Newport Playhouse. Bus leaves at 9:45.
7. Coffee Café Friday, March 29th 10:00 AM Proper use of canes and walkers.
8. Join us Friday, March 15th for a craft with Amy. We will make Terra Cotta Bird Feeders! 1:00—3:00



MEET OUR NEW DIRECTOR!

Twaun Doyle

Stop in and say hello



Do you have any ideas for a program you would like to see offered at the center? Please let us know your suggestions!

If you want to come in and read, do a puzzle, meet up with some friends to play cards, we would love to see you coming to the center.

**Across**

- 1. Compensated
- 5. Snow vehicle
- 9. Bus station
- 14. She, in Paris
- 15. Part of TLC
- 16. Stadium
- 17. Tattle
- 18. Crude minerals
- 19. Leonardo da \_\_\_\_\_
- 20. Walking on air
- 22. Truck fuel
- 23. Pilot's expertise
- 25. Small drink
- 28. Have breakfast
- 29. Dance performance
- 34. Shawl
- 36. Tomato sauce
- 37. Soften
- 38. Pile up
- 40. Gator's relative
- 41. Vouched for
- 43. Stockings
- 44. Housing agent
- 45. Wind dir.
- 48. Mogul \_\_\_\_\_ Turner
- 49. Voting process
- 52. Attraction
- 56. Inserted more bullets
- 60. Kingdom
- 61. Give a job to
- 62. Behalf
- 63. Quiz choice
- 65. Prayer finale
- 66. Direct
- 67. Horse's gait
- 68. Minus

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**Down**

- 1. Baseball's \_\_\_\_\_ Rose
- 2. Actor \_\_\_\_\_ Baldwin
- 3. Afflictions
- 4. River mouth
- 5. Nova \_\_\_\_\_ e.g.
- 6. Cowboy's rope
- 7. Put up
- 8. \_\_\_\_\_ Moines, Iowa
- 9. Painter Leonardo \_\_\_\_\_ (2 wds.)
- 10. Ohio lake
- 11. Corrals
- 12. "\_\_\_\_\_ upon a time..."
- 13. Peacock's pride
- 21. Rd.
- 1. Baseball's Rose
- 2. Actor \_\_\_\_\_ accts.
- 3. Afflictions
- 4. River mouth
- 5. Nova \_\_\_\_\_ e.g.
- 6. Cowboy's rope
- 7. Put up
- 8. \_\_\_\_\_ Moines, Iowa
- 9. Painter Leonardo \_\_\_\_\_ (2 wds.)
- 10. Ohio lake
- 11. Corrals
- 12. "\_\_\_\_\_ upon a time..."
- 13. Peacock's pride
- 21. Rd.
- 22. Go-getters
- 24. Retirement
- 25. Curse
- 26. Wrathful
- 27. Macaroni,
- 30. Foot part
- 31. Gypsy's card
- 32. Got out of bed
- 33. Fastened shoestrings
- 35. Pare
- 36. Irate
- 38. Coral island
- 39. Simple
- 42. Cooking container
- 45. Sound system
- 46. Soundless
- 47. Court romantically
- 50. Town's announcer
- 51. \_\_\_\_\_ spray
- 52. Pound sounds
- 53. Bog product
- 54. Lacking color
- 55. In addition
- 57. Notre \_\_\_\_\_
- 58. Scrapes by
- 59. Lions' homes
- 61. FDR's successor
- 45. Sound svs-

**Important Phone Numbers**

**FIRE/ POLICE**

**MEDICAL**

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-

**Food/Rent/Mortgage**

**Assistance (508) 823-6346**

**Fuel Assistance**

**(508) 679-0041**

-

**MA Council on Aging**

**www.mcoonline.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**

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Daily SuDoku: Mon 28-Jan-2019

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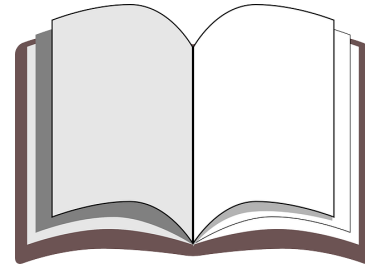
Daily SuDoku: Mon 28-Jan-2019

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## POP UP LIBRARY!

On Mondays from 8:30—10:30 a librarian from the Berkley Public Library will be at the COA. There will be a selection of materials available each week to take out and you will be able to pick up any holds from the library at the center.



## Coming in May:

1. PawSox game May 16th

## Coming in June:

1. Newport Flower Show June 21st (lunch at the Atlantic Resort in Newport.)

Please sign up for these now as seating will be limited!

**Do not forget!** The Friends of The COA will be returning on May 22nd with their Chow Mein Luncheon. Mark your calendar

**508-821-3105** Berkley COA

Lakeville COA invites all interested parties to attend their 1st ever OCES “Spring Special” Luncheon and their 2019 “Travel Showcase” on Wednesday March 27th 11:00 AM—12:30 PM. Lunch will be served so sign ups are a **MUST**.

Call **508-947-7224** to make your reservation. Cost is a \$2.50 donation. Lunch will include Chicken Cordon Bleu, Baked potato w/ sour cream, Country style vegetable blend, dinner roll and Strawberry short cake.

Applicant	Project Title	Location	Description	Project Date
Berkley Public Library	Stained Glass Mosaic Workshop	Outside at the library	Leslie Doherty teaches workshop participants techniques to create one-of-a-kind stained glass mosaic.	2019
Berkley Public Library	LEGO Program	To be announced	Dan Steinger presents a multidisciplinary LEGO program.	2019
Berkley Public Library	Animal World Experience-Dino Discovery	Outside the library on the common	Animal World Experience provides an hour of hands-on time to touch and hold real fossils millions of years old, talk about the animals and have photos taken.	2019
Berkley Public Library	Learn to Play Harmonica	Outside at the library	Ron Fletcher instructs how to create sound effects, rhythms and skills to play the blues harmonica.	2019
Fuller Craft Museum	Craft Inspires Series	Fuller Craft Museum	A series of diverse, thought-provoking, innovative programs to promote craft in its many forms.	January - December 2019
Friends of the Berkley Library	Presidential Paranormal	Council On Aging	This presentation by Tim Weisberg will look at the hauntings of the White House, the psychic life of Abraham Lincoln and the presidential UFO HISTORY.	February 17, 2019
Fuller Craft Museum	SENSEation Days	Fuller Craft Museum	Guided tours of exhibitions led by trained educators, up-close artist demonstrations and hands-on craft activities.	Weeks of February 21 and April 18, 2019
Little Theatre of Fall River	OLIVER, the Musical	Bristol Community College Arts Center	Collaboration with The Boys and Girls Clubs of Fall River, New Bedford and Taunton to cast 20 athletic multiracial youth between the ages of 8 and 13 for the role of "urchins". Free admission to the final dress rehearsal for all three clubs.	May 12, 2019
Friends of Dighton Rock Museum, Inc	Local History	Dighton Rock State Park Museum	Gary Hylander discusses Berkley area's historical events.	May 12, 2019
Berkley Council on Aging	Appreciation Luncheon	Chamberlain Farms	History at Play presents an insight into historical events in an entertaining fashion.	May 21, 2019
Old Colony History Museum	Passport to History 2019	Throughout Southeastern Massachusetts	Share and explore the fantastic and diverse history of southeastern Massachusetts. At any participating museum, guests can pick up a passport and complete a location-specific activity to earn a passport stamp.	June 1 - August 31, 2019
Berkley Council on Aging	Lunch on the Farm	Chamberlain Farms	Dixie Jazz Kings play New Orleans type music and share the origin and history of the music.	June 19, 2019
New Bedford Festival Theatre	2019 Festival Theatre Summer Academy	Zeiterion Performing Arts Center	A tuition-free theatre program enabling students to become involved in all aspects of the production, MAMMA MIA.	July 1 - 30, 2019
Friends of Dighton Rock Museum, Inc	Learning about Soil	Dighton Rock State Park Museum	Angela Possinger will present a study of the local soil profile at Dighton Rock State Park.	August 4, 2019
Soule Homestead Education Center	Soule Homestead Harvest Fair	Soule Homestead Middleboro	A two-day celebration with performers, entertainers and exhibitors from around our region.	September 21-22, 2019
Mayflower Camerata	2 Area Performances of Haydn's "Te Deum", Symphony #90 and "The 7 Last Words"	Friday Saints Martha and Mary Church Lakeville; the second Central Congregational Church, Middleboro	Choral singers and chamber orchestra perform these works of Haydn.	Between late October and early November 2019
NoteAble Blend Chorus	NoteAble Blend Musical Performance	Senior Holiday Lunch Berkley Middle School	One hour performance of acappella style music in 4 part harmony by this 25 member women's barbershop chorus.	December 13, 2019

2019 GRANT AWARDS

A Big Thank you to the Berkley Cultural Council for Funding some wonderful programs for us this coming year!

## Federal Trade Commission Scam Warning

The Federal Trade Commission is getting reports about people pretending to be from the Social Security Administration (SSA) who are trying to get your Social Security number and even your money.

In one version of the scam, the caller says your Social Security number has been linked to a crime (often, he says it happened in Texas) involving drugs or sending money out of the country illegally. He then says your Social Security number is blocked – but he might ask you for a fee to reactivate it, or to get a new number. He will ask you to confirm your Social Security number.

In other variations, he says that somebody used your Social Security number to apply for credit cards, and you could lose your benefits. He also might warn you that your bank account is about to be seized, that you need to withdraw your money, and that he'll tell you how to keep it safe.

All of these are scams. Here's what you need to know:

- The SSA will never call and ask for your Social Security number. It will not ask you to pay anything. It won't call to threaten your benefits.
- Your caller ID might show the SSA's real phone number (1-800-772-1213), **but that's not the real SSA calling. Computers make it easy to show any number on caller ID. You cannot trust what you see there.**
- **Never** give your Social Security number to anyone who contacts you in this way. **Do not confirm the last 4 digits.** Do not give a bank account or credit card number – ever – to anybody who contacts you by phone asking for it.
- Remember that anyone who tells you to wire money, pay with a gift card, or send cash is always a scammer no matter who they say they are.

If you're worried about a call from someone who claims to be from the Social Security Administration, get off the phone. Then call the real SSA at 1-800-772-1213.

If you have spotted a scam, then tell the FTC at [ftc.gov/complaint](https://www.ftc.gov/complaint).

To learn more, you can go to [Fake Calls about your SSN](#).



Are you using your cane or walker correctly? Improper use can be dangerous. It may cause more harm than good. Come on Friday, March 29th at 10:00 AM when we will have a certified Physical Therapist, Brian Mello, who will go over the safe use of these apparatus.



Coffee Café  
Friday March 29th  
10:00 AM



508-821-3105



# March 2019

508-823-3105



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Aerobics 8:15 Coffee Chat 9:15	2
3	4 Aerobics 8:15 Pop Up Library 8:30-10:30 Mah Jong 10:00 Happy Hearts 12:30	5 Yoga 9:00 Tai Chi 10:30 Quilting 11:30	6 Newport Playhouse	7 Tai Chi 10:00 <b>Bridge 2:00</b>	8 Aerobics 8:15 Coffee Chat 9:15	9
10	11 Aerobics 8:15 Pop Up Library 8:30-10:30 Mah Jong 10:00 Happy Hearts 12:30	12 Yoga 9:00 Tai Chi 10:30 Quilting 11:30 BINGO 1:00	13 Body In Motion 10	14 Tai Chi 10:00 <b>Bridge 2:00</b> <b>Podiatrist</b>	15 Aerobics 8:15 Coffee Chat 9:15	16
17	18 Aerobics 8:15 Pop Up Library 8:30-10:30 Mah Jong 10:00 Happy Hearts 12:30	19 Yoga 9:00 Tai Chi 10:30 Quilting 11:30	20 Body In Motion 10 Ceramics	21 Tai Chi 10:00 <b>Bridge 2:00</b>	22 Aerobics 8:15 Coffee Chat 9:15	23
24	25 Aerobics 8:15 Pop Up Library 8:30-10:30 Mah Jong 10:00 Happy Hearts 12:30	26 Yoga 9:00 Tai Chi 10:30 Quilting 11:30 BINGO 1:00	27 Body In Motion 10 Brown Bag 9:00 Health Clinic	28 Tai Chi 10:00 <b>Bridge 2:00</b>	29 Aerobics 8:15 Coffee Chat 10:00 Safe use of canes and walkers	30
31						

Council on Aging  
1 North Main Street  
Berkley, MA 02779

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

**AEROBICS**





## **Berkley Council On Aging Newsletter**

**April 2019**

### **BOARD MEMBERS:**

Chair - Joan Blake; Vice Chair - vacant; Treasurer - 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.

**Director Twaun Doyle may be emailed at**

**Coa.director@berkleyma.us      508-821-3105**

### **Up coming events**

1. Ceramics Wednesday April 10th at 1:00
2. Brown Bag Pick-up Wednesday April 24th 9:00—10:00 AM Please be Prompt
3. Pawsox Game Thursday May 16th Bus at 9:15 AM
4. Pizza and a movie (A Star is Born) Wednesday April 17th Lunch at noon, free to Berkley seniors and \$5.00 for our out of town seniors.
5. Newport Flower Show and Lunch at the Atlantic Resort, Friday June 21st, Free for Berkley seniors \$40.00 donation for our out of town seniors.
6. Appreciation Lunch at Chamberlain Farms Tuesday May 21st. Lunch by invitation and everyone else may join us for coffee, dessert and entertainment
7. The Friends are bringing back their lunches on Wednesday, May 22nd
8. Manicures Tuesday April 23rd 11:30—2:00 By Appointment
9. Lunch on The Farm, Tuesday June 18th—Details to follow

**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**

When we have a craft or a trip, we are trying to provide enriching activities for our seniors. Reservations are imperative. Things happen, but if you must cancel please do so as soon as possible. We have to pay for the final count that we submit. At times, we have a waiting list and can fill the spot, but that does not always work if it is last minute. If someone makes a habit of canceling, we will ask them to place a deposit of half the price of the activity. If they attend, then they will get that deposit back, if they cancel again, the deposit will be used towards covering that spot.

**Across**

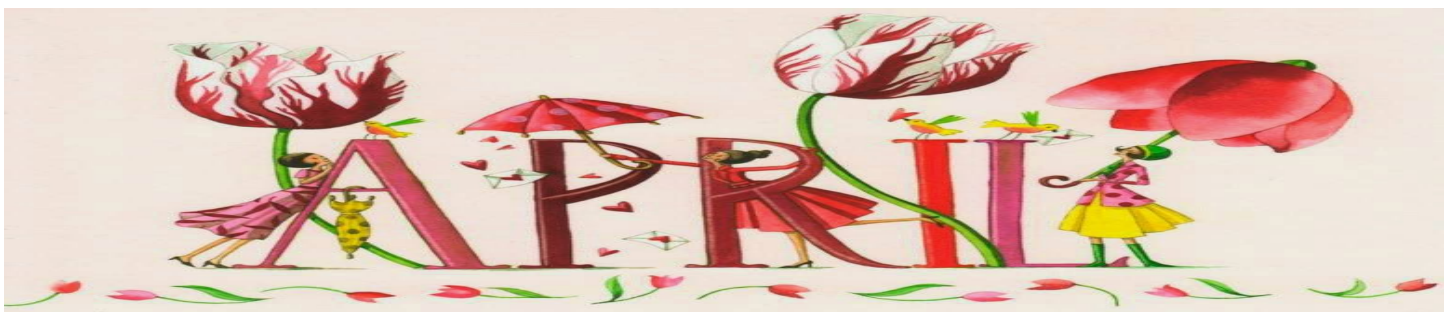
- 1. Astronauts' gp.
- 5. Croc's kin
- 10. Small earring
- 14. Beasts of burden
- 15. Cook's oil
- 16. Vocalist \_\_\_\_ Turner
- 17. Actress \_\_\_\_ Moore
- 18. Ventilated
- 19. Give off
- 20. Thin
- 21. Young people
- 22. \_\_\_\_ of passage
- 23. Change
- 25. Surrendered
- 26. Divan
- 29. Begone!
- 31. Longs (for)
- 32. Take back
- 37. Pro-gun org.
- 38. Watertight coating
- 40. By way of
- 41. Bruce Springsteen, e.g.

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- 43. Lacks
- 45. Old
- 46. Tantalizes
- 47. Curtain
- 50. Comes close
- 52. Go by taxi
- 53. Blizzard
- 55. Roman garb
- 59. Scent
- 60. Call up
- 61. Building wings
- 62. Fairy-tale fiend
- 63. Fertile desert spot
- 64. Smell bad
- 65. Await judgment
- 66. Robin's sound
- 67. Negatives

**Down**

- 1. Indicates assent
- 2. Skating jump
- 3. Tractor-trailer
- 4. Enliven
- 5. Pointed beard
- 6. UFO pilot
- 7. Worn out
- 8. Toaster \_\_\_\_
- 9. Nail polish shades
- 10. Sound systems
- 11. Fearful
- 12. Come together
- 13. Saw socially
- 24. Answering machine
- 25. Kevin \_\_\_\_ of "Dances with Wolves"
- 26. Crooned
- 27. Beige
- 28. Bangkok native
- 29. Minor quarrel
- 30. Deary
- 32. Invasion
- 33. Overhead trains
- 34. Nights before holidays
- 35. Flank
- 36. Fresh talk
- 39. Before, to Keats
- 42. Narrowed item
- 44. Oriental
- 46. Least wild
- 47. Sag
- 48. Blue \_\_\_\_ Mountains
- 49. Decorate
- 50. Rope loop
- 51. \_\_\_\_ Banks of baseball
- 53. Speck
- 54. Spring event
- 56. Butter's rival
- 57. Delight
- 58. Inquires



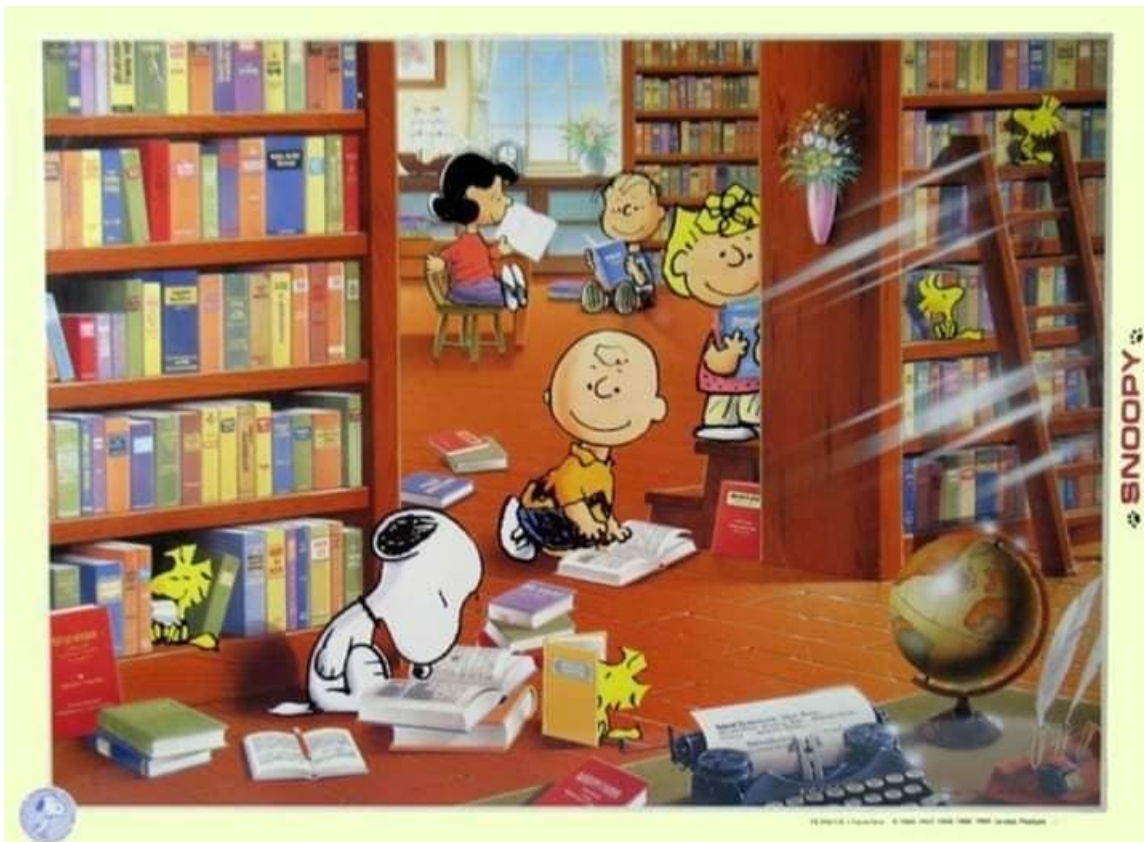
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Anyone that would like to speak with a SHINE worker, call 508-821-3105 and leave a message for Lucille and she will call you back. Lucille is usually here on Wednesdays



On Mondays we have a Pop-up Library! If you have something on hold at the Berkley Library, let them know you will pick it up at the COA on Mondays from 8:30—10:30 AM. There will also be an assortment of current suggestions that you will be able to take out from the COA.

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On March 6th we traveled to the Newport Playhouse and a good time was had by all!

We are hoping to schedule another trip to the Newport Playhouse for their holiday performance. Keep your eyes open for the sign ups!

Upcoming bus trips, to the Paw Sox and to the Newport Flower Show followed by lunch at the Atlantic Resort in Newport. There are sign up sheets at the center. Please make sure you sign up if you plan on attending. If you are signed up and find you cannot attend, please let us know as soon as possible.







We have received many requests about borrowing adaptive devices (walkers etc....) but we are unable to provide this service at this time. Berkley residents are able to borrow from St. Vincent's in Taunton. You will need a picture ID and proof of residency. Call 508-823-6676. There are people there M-F 9-12 or you can call and leave a message and they will call you back. You can borrow whatever it is you need, keep it as long as you need it. There is no charge, you may make a donation at pick-up or at return.



St. Vincent's also operates a Food Pantry, you must be able to pick up your groceries in Taunton. The pantry is open on Wednesday nights, once approved you will be given a card which you show on the 1st and 3rd Wednesday or on the 2nd and 4th Wednesday. Again, to apply you will need a picture ID and proof of residency. Call St Vincent's at 508-823-6676 for further information. Again, there is someone answering calls M-F 9-12 other times, leave a message and they will call you back. Once approved,

proved,



# 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 FX THEATRE
- ◆ GUIDED TOUR OF LANCASTER
- ◆ and much more

# \$549 \*

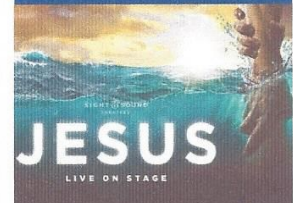
**5 DAYS 4 NIGHTS**

PER PERSON, DOUBLE OCCUPANCY

(Mon - Fri)

**Sep 30 - Oct 4**

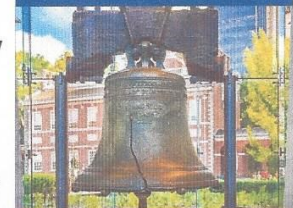
**2019**



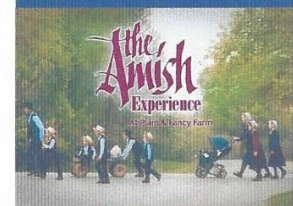
JESUS Show at Sight & Sound® Millennium Theatre®



Enjoy the "OVATION" Show at the American Music Theatre



Take a visit to Philadelphia



Experience the Amish lifestyle

## 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!

### 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**

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# April 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
508-821-3105						
	<b>1</b> <i>Aerobics 8:15</i> <i>Pop up Library 8:30-10:30</i> <i>Mah Jong 10:00</i> <i>Happy Hearts 12:30</i>	<b>2</b> <i>Yoga 9:00</i> <i>Tai Chi 10:30</i> <i>Quilting 11:30</i>	<b>3</b> <i>Body In Motion 10:00</i>	<b>4</b> <i>Tai Chi 10:00</i> <i>Bridge 2:00</i>	<b>5</b> <i>Aerobics 8:15</i> <i>Coffee Chat 9:15</i>	<b>6</b> <i>Master Plan</i>
<b>7</b>	<b>8</b> <i>Aerobics 8:15</i> <i>Pop up Library 8:30-10:30</i> <i>Mah Jong 10:00</i> <i>Happy Hearts 12:30</i>	<b>9</b> <i>Yoga 9:00</i> <i>Tai Chi 10:30</i> <i>Quilting 11:30</i> <i>Bingo 1:00</i>	<b>10</b> <i>Body In Motion 10:00</i> <i>Ceramics 1:00</i>	<b>11</b> <i>Tai Chi 10:00</i> <i>Bridge 2:00</i>	<b>12</b> <i>Aerobics 8:15</i> <i>Coffee Chat 9:15</i>	<b>13</b> <i>Scrabble Tournament</i>
<b>14</b>	<b>15</b> <i>Aerobics 8:15</i>	<b>16</b> <i>Yoga 9:00</i> <i>Tai Chi 10:30</i> <i>Quilting 11:30</i>	<b>17</b> <i>Body In Motion 10:00</i> <i>Pizza and Movie 12:00</i>	<b>18</b> <i>Tai Chi 10:00</i> <i>Bridge 2:00</i> <i>Rep Poirier's Spectacular Attleboro 9-2</i>	<b>19</b> <i>Aerobics 8:15</i> <i>Coffee Chat 9:15</i>	<b>20</b> <i>Master Plan</i> <i>Snow date</i>
<b>21</b>	<b>22</b> <i>Aerobics 8:15</i> <i>Pop up Library 8:30-10:30</i> <i>Mah Jong 10:00</i> <i>Happy Hearts 12:30</i>	<b>23</b> <i>Yoga 9:00</i> <i>Tai Chi 10:30</i> <i>Quilting 11:30</i> <i>Bingo 1:00</i>	<b>24</b> <i>Body In Motion 10:00</i> <i>Brown Bag 9:00</i> <i>Health Clinic 9:00</i>	<b>25</b> <i>Tai Chi 10:00</i> <i>Bridge 2:00</i>	<b>26</b> <i>Aerobics 8:15</i> <i>Coffee Chat 9:15</i>	<b>27</b>
<b>28</b>	<b>29</b> <i>Aerobics 8:15</i> <i>Pop up Library 8:30-10:30</i> <i>Mah Jong 10:00</i> <i>Happy Hearts 12:30</i>	<b>30</b> <i>Yoga 9:00</i> <i>Tai Chi 10:30</i> <i>Quilting 11:30</i>				

Council on Aging  
1 North Main Street  
Berkley, MA 02779

PRESORTED STANDARD  
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PERMIT NO. 73

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





## **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

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18					19				
20					21					22				
23			24						25					
			26			27	28	29			30		31	32
33	34	35				36					37			
38					39						40			
41					42					43				
44			45		46				47					
			48		49				50			51	52	53
54	55					56	57	58			59			
60					61						62			
63					64						65			
66					67						68			

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

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.

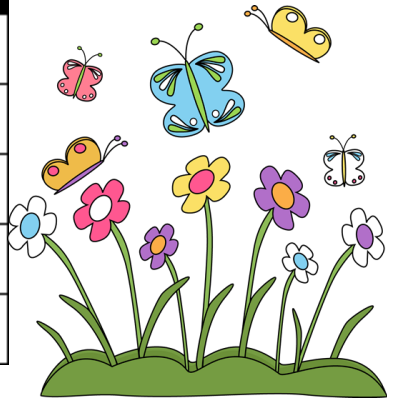
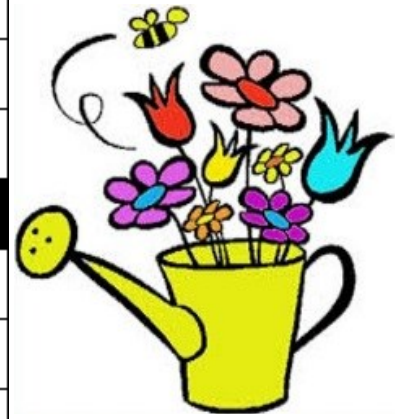
We usually have coffee brewed, stop in even if just for a few minutes. We have books and puzzles which you may borrow. We have plenty of board games and cards if you want to meet up with friends, come on by and start a game! We do ask that you respect the programs, YOGA and Tai Chi , in particular, need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

S	C	A	M		S	T	R	U	M		A	R	E	A		
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R	O	S	E			O	P	T	E	D			T	E	N	T



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

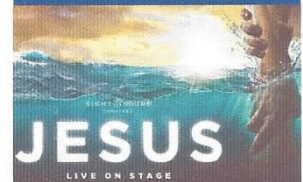
**5 DAYS 4 NIGHTS**

PER PERSON, DOUBLE OCCUPANCY

**(Mon - Fri)**

**Sep 30 - Oct 4**

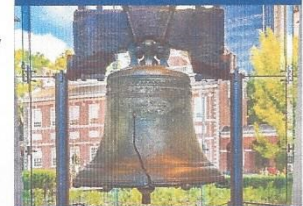
**2019**



**JESUS**  
LIVE ON STAGE  
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

**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!

**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**



Fla. Seller of Travel Ref No. ST32973.

# 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

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

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

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

Aerobics 8:15  
Coffee Chat 9:00

26

27  
Aerobics 8:15  
Memorial  
Day

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

Body in Motion  
10:00

Tai Chi 10:00  
Bridge 2:00

Aerobics 8:15  
Coffee Chat 9:00

31

Council on Aging  
1 North Main Street  
Berkley, MA 02779

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





# Berkley Council On Aging Newsletter

June 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

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*

1. Saturday, June 8th the Planning Board is hosting a meeting regarding the Master Plan in the COA Activity Room from 10:00—12:00
2. Wednesday, June 12th we will have Ceramics at 1:00. Call to register!
3. Friday, June 14th Coffee Caffe 10:30 AM Mindfulness with Ethel Fraga.
4. Tuesday, June 18th at noon. Lunch on the Farm. Free to Berkley seniors. Call for a reservation.
5. Friday June 21st we will be having lunch at the Atlantic Resort and attending the Newport Flower Show. Reservations are required.
6. Manicures, Tuesday June 25th, by appointment only. Please call for your reservation.
7. Wednesday, June 26th we have Brown Bag Pick up between 9:00 and 10:00. Please be prompt.
8. Wednesday June 26th 9:00—10:00 Health Clinic.
9. Wednesday June 26th 11:30 –1:00 Friends of the Council on Aging will be serving their famous meatball subs. For \$6.50 you get a sub, drink, chips and dessert. Dine in or Take out! Please call to reserve your lunch! Movie Following: Crazy Rich Asians.

## 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

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(508) 675-2101

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-  
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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

## Would you like to memorialize or honor someone?

What better way than through a donation to the Berkley Council on Aging. There are envelopes, for this purpose, available at the center. The family of the person you memorialize will receive an acknowledgement of your memorial. The person that you want to honor will receive an acknowledgement that you have honored them in such a meaningful way.

**Celebrate July 4th** at the Berkley Town Common from 11:30—1:30 with entertainment by the **Sultans of Sax**.

Free Lunch : Hot dogs, soda and chips

Sponsored by the Berkley Council on Aging

Available for sale by the Friends of the COA:

**Strawberry shortcake \$4.50**

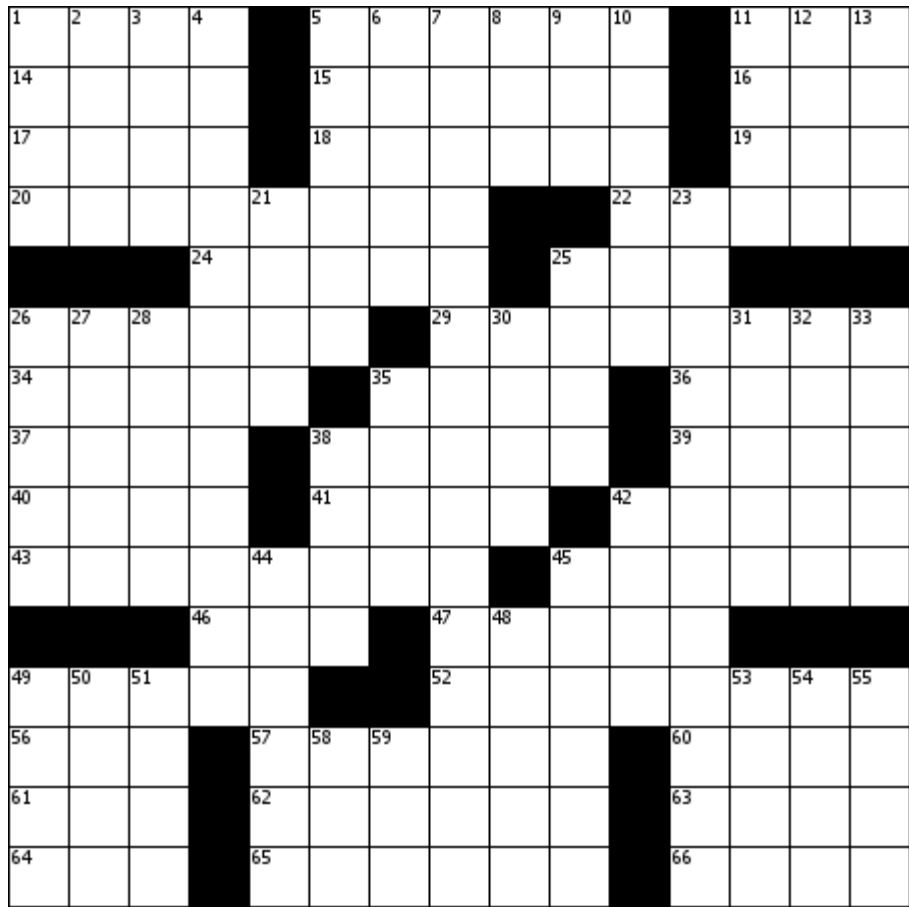




**cross**

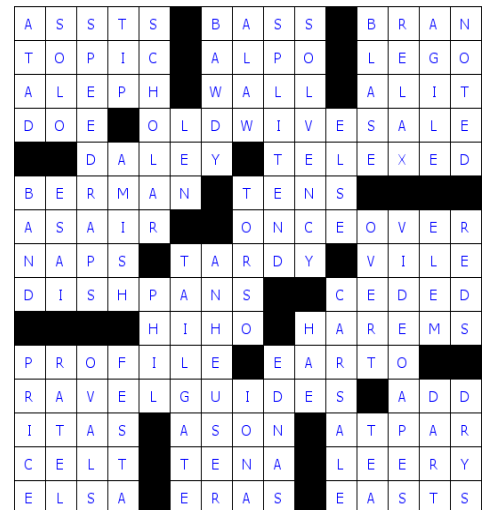
- 1. Horror reaction
- 5. Like some radials
- 11. Deed
- 14. Physical beginning
- 15. Anxious concern
- 16. \_\_\_ Paulo, Brazil
- 17. Part of U.A.R.
- 18. Threw rocks at
- 19. Sweet 16, e.g.
- 20. Aristocrats
- 22. Officiated from home
- 24. "Fidelio," e.g.
- 25. \_\_\_-fi (film type)
- 26. Headgear fastener
- 29. Turnips or yams, e.g.
- 34. Rule of conduct
- 35. Garden party?
- 36. Fog relative
- 37. Baldwin or Waugh
- 38. Fire indicator
- 39. Organic compound
- 40. "Au revoir"
- 41. Whale schools
- 42. Early fire-starter
- 43. Hated symbol
- 45. Removes all traces
- 46. Park it
- 47. Female fox
- 49. Exclusive news story
- 52. Whole numbers
- 56. Unit of time
- 57. Cataleptic state
- 60. Canal of song
- 61. Sawbones' gp.
- 62. Lubrication container
- 63. Vile insects
- 64. Ring count
- 65. Obtain, as support
- 66. Washington notes

**Down**



- 1. FBI guy
- 2. Start for dynamic or nautical
- 3. Use a skewer
- 4. A master of collage
- 5. Some public transportation employees
- 6. Stage direction
- 7. Proto-helicopter designer
- 8. Sun-bather's desire
- 9. Compass point
- 10. Take away
- 11. Urgency acronym
- 12. Pet store purchase
- 13. \_\_\_ the line (conformed)
- 21. Grand in scope
- 22. He was commissioned by Julius II
- 23. Indefinite amount
- 24. Increases molecular motion
- 25. Attorney \_\_\_
- 26. Eighth Greek letter
- 27. Certain hardwood sources
- 28. Hindu queens
- 29. A layer with a hole
- 30. Trapper's collection
- 31. Run \_\_\_ (go wild)
- 32. Barbecue rod
- 33. Gratis
- 34. Walk on eggshells
- 35. Magnitude
- 36. Quechuan peoples
- 37. Southwest offering
- 38. Dog command
- 39. \_\_\_ even keel
- 40. Ireland, poetically
- 41. White, brown or basmati
- 42. Envisions
- 43. \_\_\_ Tin Tin
- 44. More than most

Puzzle Solution © OnlineCrosswords.net



**PLEASE:** If you sign up for something and find you are going to be unable to attend, please call the center and let us know! Something that is “free” to Berkley seniors is actually being paid for by the Council on Aging. Help us manage our money wisely. Often, we have a waiting list and that spot could be utilized by someone else. Also, when you sign up for something PLEASE include your phone number, we do call the number given with a reminder

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

Puzzle Solution © OnlineCrosswords.net

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



Berkley's own John Tavares was honored for his military service on the field during our recent visit to McCoy Stadium! He was then given a VIP tour of the Inner Sanctum at McCoy stadium.

Thank you John, for your service!



FRIENDS OF THE BERKLEY COUNCIL ON AGING, INC.  
(A 501(c) 3 nonprofit)

Dear Members,

Thank you so much for your support of our fundraising efforts over the past year. We appreciate all of you who attended our fundraisers, gave of your time and efforts volunteering, and opened your hearts and your wallets for us.

Among the Council On Aging programs the "Friends" supported this past year were the 4<sup>th</sup> of July Concert on the Common and COA was able to find someone to finish the kitchen and the storage closet. Both COA and Friends of COA were happy to see that done and what a fine job it was. Come on in and see how it looks. Friends of COA were able to fund the mailing of a summer newsletter to help to keep seniors up-to-date with COA Programs. In addition we provided a chocolate treat for all who attended the Holiday party. Also, Friends of COA supplies all of the coffee that is used in the COA Activity Room. We try to put out a fresh pot of coffee every day. Come on in, have a coffee and see what is going on. During the year, Friends of COA ran several lunch fund raisers in the COA Activity room, supporters from around town came to enjoy our Chow Mein sandwich and Meatball Sub lunches

Won't you please consider purchasing a membership to the Friends? Please complete the form below and send it along with your check payable to Friends of the Berkley COA, Inc. The mailing address is Friends of Berkley Council on Aging, c/o Rita Harrison, Treasurer, 20 South Main Street, Berkley, MA 02779. A membership costs \$10 for an individual, \$5 for a senior, and \$25 for a family. If you wish, you may send a donation of any amount. Donations, no matter how small, are always gratefully accepted.

If you would like to help or want more information, please call Jackie Arnoe at 508 822-9634.

MEMBERSHIP APPLICATION  
FRIENDS OF THE BERKLEY COUNCIL ON AGING, INC.

NAME \_\_\_\_\_ SPOUSE \_\_\_\_\_

Address \_\_\_\_\_

Telephone \_\_\_\_\_ E-mail -----  
\_\_\_\_\_

Individual (\$10) \_\_\_\_\_ Senior(\$5) \_\_\_\_\_ Family(\$25) \_\_\_\_\_ Donation \_\_\_\_\_

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

**SCRABBLE** Anyone interested in playing Scrabble? We have scheduled a scrabble game for Friday, June 28th at 10:00 AM. We hope to make this a monthly event. If interested, sign up at 508-821-3105.

Want a place to meet with friends? Come on by and play a game, put together a puzzle, even if you want to come on in and sit on the couch and read a book! The only thing we ask is that there is quiet during YOGA and Tai Chi.

We will be sending out a “summer newsletter” next month. The monthly newsletters will resume in October.

We hope to keep the center open on really hot days this summer in case anyone needs to avail themselves of the Air Conditioning.



**Across**

- **1.** Mgr.'s helpers
- **6.** Woofer output
- **10.** Cereal choice
- **14.** Fuel for a debate
- **15.** Brand for Bowser
- **16.** Child's building block
- **17.** Beth follows it
- **18.** Great thing in China
- **19.** Came down
- **20.** Pseudonymous surname
- **21.** Favorite libation of grandmothers?
- **24.** Chicago political name
- **26.** Sent a message the old-fashioned way
- **27.** Nicknaming sportscaster Chris
- **29.** Column in math
- **30.** Light \_\_\_\_
- **31.** Cursory inspection
- **36.** Kindergarten breaks
- **37.** After the deadline
- **39.** Morally reprehensible
- **40.** They might cause unglamorous hands
- **42.** Gave up, as land
- **43.** "The Farmer in the Dell" syllables
- **44.** Odalisques' places
- **45.** Word with high, low or user
- **49.** Turn a deaf \_\_\_\_ (ignore)
- **50.** Maps to places one might hear "Bolero"?
- **52.** Word found on a dipstick
- **55.** "I'll take \_\_\_\_ a compliment"
- **56.** ". . . unto us \_\_\_\_ is given" (Isaiah)
- **57.** How some shares are purchased
- **59.** Highlander
- **60.** Long, narrow shoe size
- **61.** Smelling a rat
- **62.** Designer Schiaparelli
- **63.** Historical periods
- **64.** Bridge seats

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
17						18					19			
20				21	22					23				
		24	25					26						
27	28						29							
30						31					32	33	34	35
36					37	38					39			
40				41					42					
				43				44						
45	46	47	48					49						
50							51				52	53	54	
55					56				57	58				
59					60					61				
62					63					64				

**Down**

- **1.** Not much
- **2.** Fledgling pilot's challenge
- **3.** Fast numbers by Will Smith?
- **4.** Word to the wise
- **5.** Rhodes, for one
- **6.** Off-color
- **7.** "There oughta be \_\_\_\_!"
- **8.** Hair problem
- **9.** Good financial condition
- **10.** World-weary
- **11.** Kick back
- **12.** Quick and graceful
- **13.** Worthy of attention
- **22.** "The Billion Dollar Brain" novelist Deighton
- **23.** "Anything \_\_\_\_?"
- **25.** Pennsylvania Dutch
- **27.** Boston or Chicago, e.g.
- **28.** Morales of "My Family"
- **29.** Common sculpture subject
- **32.** Hard to miss
- **33.** Primates seen on home movie rentals?
- **34.** Before middle sch.
- **35.** Cincinnati's "boys of summer"
- **37.** Type of pregame party
- **38.** Busch partner
- **41.** Celebrity groundhog
- **42.** Dealer's deal
- **44.** Own, in Dundee
- **45.** Word with purchase or asking
- **46.** Honey badger
- **47.** Squashed O's
- **48.** Roman holiday
- **49.** Best, Ferber and Millay
- **51.** Macbeth's burial place
- **53.** Blowgun weapon
- **54.** Prohibitionists
- **58.** It gets into hot water

# June 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 8:15 Aerobics 10:00 Mah Jong 12:30 Happy Hearts	4 9:00 Yoga 10:30 Tai Chi 11:30 Quilting	5 10:00 Body in Motion	6 9:30 Tai Chi	7 8:15 Aerobics 9:00 Coffee Chat	8 Strategic Plan Committee 10:00-12:00
9	10 8:15 Aerobics 10:00 Mah Jong 12:30 Happy Hearts	11 9:00 Yoga 10:30 Tai Chi 11:30 Quilting 1:00 BINGO	12 10:00 Body in Motion 1:00 Ceramics	13 9:30 Tai Chi	14 8:15 Aerobics 10:30 Coffee Café : Mindfulness	15
16	17 8:15 Aerobics 10:00 Mah Jong 12:30 Happy Hearts	18 9:00 Yoga 10:30 Tai Chi 11:30 Quilting 12:00 Lunch on The Farm	19 10:00 Body in Motion	20 9:30 Tai Chi	21 8:15 Aerobics Newport Flower Show	22
23	24 8:15 Aerobics 10:00 Mah Jong 12:30 Happy Hearts	25 9:00 Yoga 10:30 Tai Chi 11:30 Quilting 1:00 BINGO Manicures	26 9:00 Brown Bag and Health Clinic 10:00 Body in Motion 11:30 Friends Meatball Sub lunch Movie	27 9:30 Tai Chi	28 8:15 Aerobics 9:00 Coffee Chat 10:00 Scrabble	29
30			Movie: Crazy Rich Asians	508-821-3105		

Council on Aging  
1 North Main Street  
Berkley, MA 02779

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## 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@berkeleyma.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**

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!	<b>508-821-3105</b>		

# AUGUST 2019

Sun                  Mon                  Tue                  Wed                  Thu                  Fri                  Sat

<b>508-821-3105</b>				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	<b>508-821-3105</b>		

Council on Aging  
1 North Main Street  
Berkley, MA 02779

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## **Berkley Council On Aging Newsletter**

**October 2019**

### **BOARD MEMBERS:**

Chair - Vacant; Vice Chair - Margret Clark-Moroff; 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.

## **SOS COA SOS**

**We at the COA have reached a critical point. We currently have three members on the COA board.**

**We need new Board members. We meet once a month. Generally the first Thursday of the month for 2 hours. Please help keep the COA functioning. For more information please call 508-821-3105.**

### **Up coming events**

**October 12 - Walk Around The Common - All ages welcome - Call COA for more information. 508-821-3105.**

**October 16 - Ceramics - 1:00 p.m. - Ceramic Christmas tree, free to Berkley Seniors, \$20 for others. Please reserve a spot.**

**October 22 - Manicures - starting at 11:00 a.m. through 2:00 p.m. - Please reserve a spot.**

**October 30 - Homestead Act— 1:00 p.m. - Barry Amaral, Bristol County Register of Deeds presenting.**

**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**

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**(508) 675-2101**

**Citizens for Citizens**

**(508) 823-6346**

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**SHINE**

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**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**

Newsletters are available on the Town of Berkley website.

[www.townofberkleyma.com](http://www.townofberkleyma.com)

Select Department

Select Council on Aging

Select Newsletter

Scroll down to find the current newsletter.

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.**

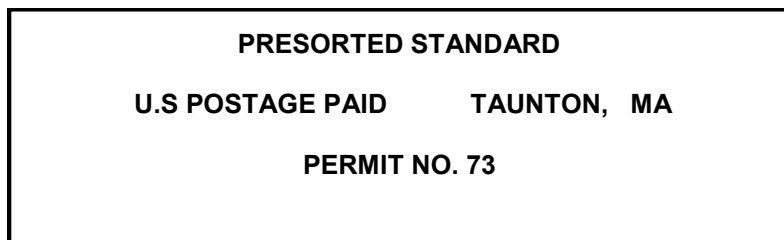


# OCTOBER 2019

Sun                      Mon                      Tue                      Wed                      Thu                      Fri                      Sat

		1 9:00 Yoga 10:30 Tai Chi 11:30 Quilting	2 10:00 Body In Motion	3 8-12 Pop Up Library 9:30 Tai Chi 2:00 Bridge?	4 8:15 Aerobics 9:30 Chair Yoga 10:15 Coffee	5
6	7 8:15 Aerobics 9:00 Italian 10:00 Mah Jong 12:30 Happy Hearts	8 9:00 Yoga 10:30 Tai Chi 11:30 Quilting 1:00 BINGO	9 10:00 Body In Motion	10 8-12 Pop Up Library 9:30 Tai Chi 2:00 Bridge?	11 8:15 Aerobics 9:30 Chair Yoga 10:15 Coffee Chat	12 Noon - Walk Around the Common
13	14 <b>Columbus Day</b>	15 9:00 Yoga 10:30 Tai Chi 11:30 Quilting	16 10:00 Body In Motion Ceramics 1:00	17 8-12 Pop Up Library 9:30 Tai Chi 2:00 Bridge?	18 8:15 Aerobics 9:30 Chair Yoga 10:15 Coffee Café	19
20	21 8:15 Aerobics 9:00 Italian 10:00 Mah Jong 12:30 Happy Hearts	22 9:00 Yoga 10:30 Tai Chi 11:30 Quilting 1:00 BINGO Manicures by appt	23 9:00 Brown Bag + Health Clinic 10:00 Body In Motion	24 8-12 Pop up Library 9:30 Tai Chi 2:00 Bridge?	25 8:15 Aerobics 9:30 Chair Yoga 10:15 Coffee Café	26
27	28 8:15 Aerobics 9:00 Italian 10:00 Mah Jong 12:30 Happy Hearts	29 9:00 Yoga 10:30 Tai Chi 11:30 Quilting	30 10:00 Body In Motion 1:00 - Homestead Act	31 8-12 Pop up Library 9:30 Tai Chi 2:00 Bridge?	<b>508-821-3105</b>	

**Council on Aging  
1 North Main Street  
Berkley, MA 02779**



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# **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**

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MEDICAL**

**911**

**Attorney General's**

**Elder Hotline**

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**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

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



*Happy  
Thanksgiving  
To  
Everyone*



# **Berkley Council On Aging Newsletter**

**December 2019**

## **BOARD MEMBERS:**

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

Associate Members: Mary Shilonski,

## **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**

**Dec 5 Podiatry by appointment only**

**Dec 6 Fire Prevention For Seniors 10:30 AM**

**Dec 14 COA Holiday Luncheon Party**

**12 noon at Berkley Middle School for Berkley residents and invited guest only**

**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@berkeleyma.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**

*Happy Holidays Berkley Friends,*

*This is a very busy time of the year, people are rushing about. But please don't forget about your own health, don't overdo, get plenty of rest and eat as healthy as possible. We want you to enjoy the holiday season as well.*

*We also have a chance to look forward to the coming year, when everything is fresh and new.*

*The coming year should be fun, we hope to be offering new groups (suggestions are welcome) and thus making new friends and learning new things.*

*A reason to get out of the house, get a change of scenery, exercise the body and brain.*

*Hope to see you in 2020.*

*Cindy COA Director*

**TRIVIA QUESTION:**

Where was the first ribbon candy  
Invented in the US ?

A: F.B. Washburn Company Brockton, Mass

## News Briefs:

- \* Save January 8, 2020 on your calendar we will be having a Stamping Workshop
- \* We will be having some boxes for a coupon exchange center—bring in coupons you don't use, take some you need.
- \* We will be having once a month on Fridays games such as Scrabble, Uno, cards. All are welcome to join us for some friendly competitions.

### **EVERYBODY COUNTS:**

A reminder 2020 is a census year we need to answer the census, this is how cities and town get their monies. They will look at the senior population and the town gets so much per senior for programs. The amount has gone up per person since last census count. So stand up and be counted.

### **REMINDER: TIME IS RUNNING OUT**

***Medicare Open Enrollment will be closing 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**

Did you Know?

“Jingle Bells” was not originally written as a Christmas song at all. It was penned by James Lord Pierpont in the 1850s as a way to celebrate Thanksgiving. By the way, he came from Medford, MA before moving to Savannah, GA. The song was originally called “The One Horse Open Sleigh” then in 1857 it was renamed to “Jingle Bells”. It made history again on December 16, 1965, becoming the first song broadcast in space. The crew of Gemini 6 followed reports of seeing Santa Claus with an improvised version of “Jingle Bells”, which included bells and a harmonica that they snuck onboard.

# Christmas

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

ANGEL	FRUITCAKE	MANGER	SNOWFLAKES	
BELLS	GABRIEL	MARY	SNOWMAN	
BETHLEHEM	GIFTS	MISTLETOE	STABLE	FRIENDS
CANDLES	GOLD	MYRRH	STAR	
CANDY CANE	GREETING CARDS	ORNAMENTS	STOCKING	
CAROLS	HOLLY	POINSETTA	THREE WISE MEN	
DECORATIONS	ICICLES	SANTA	TOBOGGAN	
EGGNOG	JESUS	SHEPHERDS	TOYS	
FAMILY	JOSEPH	SKATES	TREE	
FRANKINCENSE	LIGHTS	SLEIGH	WREATH	

December is a great time of the year ,when we can learn more about other cultures in our Community. Some prefect examples are Hanukkah and Kwanzaa.

**Hanukkah:** Is an 8 day Jewish celebration . Hanukkah means dedication in Hebrew ,which Hanukkah commemorates the rededication of the second temple in Jerusalem, during the second century B.C.. It is often referred to as the Festival of Lights. They had oil enough for one day and it lasted 8 nights. The candles of Hanukkah are put into a candle holder called a menorah, the menorah holds nine candles. The ninth candle is called the shamash (helper) and it is used to light the others. Each evening at sundown a candle is lit and prayers are recited.

Like all cultures they serve special foods like latkes (potato pancakes), and sufganiyot (jam filled donuts). Children play a game with dreidels which is a four sided spinning top. They usually exchange 8 small gift, one each day, rather then a big present.

**Kwanzaa:** Is a 7 day celebration, it is actually a combined aspect of several different harvest celebrations. Kwanzaa means first fruits in Swahili. They light seven candles one a night each representing a different principle. The candleholder is called a Kinara. There are 7 candles used 1 black, 3 red and 3 green.

The first night the center black candle is lit representing UNITY or your community.

2nd night a red candle is lit representing SELF-DETERMINATION defining yourself speaking for yourself.

3rd night a green candle representing COLLECTIVE WORK and RESPONSIBILITY build our community together , solving problems together.

4th night red candle represents COOPERATIVE ECONOMICS maintain our stores, shops and other businesses.

5th night green candle represent PURPOSE our collective building and developing of our community.

6th night red candle represents CREATIVITY to always do as much as you can in order to leave our community more beautiful and beneficial than we inherited.

7th night green candle represents FAITH believe with all your heart in people.

***We are looking for people to send Christmas cards to Veterans, there is a box in the COA room you can drop your cards in and they will be delivered to area Veterans.***

***There is also a box in the town hall, they are collecting gifts for homeless Veterans , items like toothpaste, body wash, bar soaps, bath towels , wash clothes, deodorants, snacks, hot chocolate packages, cereals (hot and cold), canned coffee and socks.***

## **HEALTH REMINDER:**

### **4 Ways to stay healthy during flu season:**

- 1. Wash your hands frequently — use hot soapy water, scrub hands thoroughly. Or use hand sanitizer when water isn't available.**

Experts say you should wash your hands long enough to sing a chorus of Yankee Doodle Dandy or Happy Birthday.

- 2. Practice healthy living —Exercise, healthy diet, a good nights sleep, hydration.**

- 3. Limit Personal Contact— Shaking hands, hugging.**

- 4. Avoid touching your face—You don't realize how often you touch your face through- out the day especially your eyes, mouth and nose. They are all warm moist areas perfect breeding grounds for the flu.**

### **Have you ever wondered what Boxing Day on the December calendar meant?**

**It is celebrated the day after Christmas in England, Australia, Canada, and New Zealand. Where it is a legal holiday.**

**Churches use to open their collection boxes to the poor. Today the giving boxes are filled with food and clothing for the needy ,as well as performing volunteer work.**

**This also gave the servants who would of course work on Christmas day ( think Downton Abbey) the day off to celebrate.**

**Looking for anyone that plays any instruments (especially the piano) that might like to get together to sing some Christmas carols or just the oldies but goodies. Call Cindy at 508 821-3105.**



# DECEMBER 2019

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 8:15 Aerobics 9 Italian 10 Mah Jong 12:30 Happy Hearts	3 9:00 Yoga 10:30 Tai Chi 11:30 Quilting 1 BINGO	4 10 Body In Motion	5 <b>Podiatrist</b> 8-12 Pop up Library 9:30 Tai Chi 11 COA Mtg	6 8:15 Aerobics 9:30 Chair Yoga 10:30 Fire Prevention	7
8	9 8:15 Aerobics 9 Italian 10 Mah Jong 12:30 Happy Hearts	10 9 Yoga 10:30 Tai Chi 11:30 Quilting	11 10 Body In Motion	12 8-12 Pop up Library 9:30 Tai Chi 2 Bridge	13 8:15 Aerobics 9:30 Chair Yoga 10:15 Coffee Chat	14 Noon <b>Holiday Party</b>
15	16 8:15 Aerobics 9 Italian 10 Mah Jong 12:30 Happy Hearts	17 9:00 Yoga 10:30 Tai Chi 11:30 Quilting Manicures 1 BINGO	18 10 Body In Motion	19 8-12 Pop up Library 9:30 Tai Chi 2 Bridge	20 8:15 Aerobics 9:30 Chair Yoga 10:15 Coffee Chat 11:00 Games	21
22 <b>Winter Begins</b>	23 8:15 Aerobics 9 Italian 10 Mah Jong 12:30 Happy Hearts	24 9:00 Yoga 10:30 Tai Chi 11:30 Quilting 1 Christmas Gatheri	25 Closed <b>MERRY CHRISTMAS</b>	26 8-12 Pop up Library 9:30 Tai Chi 2 Bridge	27 8:15 Aerobics 9:30 Chair Yoga 10:15 Coffee Chat	28
29	30 8:15 Aerobics 9 Italian 10 Mah Jong 12:30 Happy Hearts	31 9:00 10:30 Tai Chi 11:30 Quilting				

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