



THE BERKLEY BEACON

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

Our Offerings

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

Individual Highlights

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MISSION STATEMENT

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

IMPORTANT ANNOUNCEMENTS

The Council on Aging would appreciate it if you could take a moment to complete and return the short, anonymous survey that was included inside of the MARCH newsletter.

There are blank surveys in the COA Center.

THANK YOU FOR YOUR COOPERATION!


ELDER MENTAL HEALTH OUTREACH PROGRAM

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

PROGRAM PARTICIPATION HAS CHANGED TO 55 YEARS OLD AND OLDER

About the COA

The Berkley Council on Aging (BCOA) has been in existence since 1973 when it was authorized at the Annual Town Meeting to carry out programs designed to meet the needs of the elderly in Berkley and in cooperation with programs from the Commonwealth of Massachusetts Executive Office of Elderly Affairs.


Services are provided with funding from municipal grants, private donations and volunteer services. Many of our programs are offered for free or have a minimal charge  to our elderly residents.



PROGRAM PARTICIPATION HAS CHANGED TO 55 YEARS OLD AND OLDER. DONATIONS ARE NEEDED AND GREATLY APPRECIATED!

Rep. Norman Orrall Office Hours

Rep. Orrall (or sometimes his legislative staff) are here to provide office hours on **April 18th at 9:30am.**

Please call the COA for more information. To request that Rep. Orrall be here directly, call (617) 722-2090. 

Ceramics with Pagano Creations

Join us on **April 13th** from 1:00pm-3:00pm² in the Center for Patriotic Themed Ceramics!

To reserve a spot, a sign-up sheet is available in the Center or please call the COA at 508-821-3105

PLEASE PAY AHEAD

FEES: Berkley Residents \$10
Non-Residents \$20

Silver Platter Luncheon

Bristol Plymouth's Silver Platter
Restaurant Luncheon

April 26th @ 11:15 am

\$10.50 per person Due by 4/14

Soup • Traditional Turkey Dinner •
Baked Haddock Bella Vista
Sauteed Green Peppers, Onion and Tomatoes

**SIGN UP SHEET AVAILABLE IN COA OR
CALL 508-821-3105**
Maximum 34 People

**CALL THE COA WITH ANY QUESTIONS
OR CONCERNS @ 508-821-3105**

**EASTER
EGG HUNT!**

**Can you find
all 15 eggs?**



GRAB & GO



Grab n' Go Lunches

Grab n' Go lunches continue to be provided by Bristol Elder Services! Pickups will be weekly on Wednesdays between 10:30-11:30am at the Berkley COA. Lunches are available to any senior resident in Berkley and there are no income guidelines to follow. **You must R.S.V.P. by calling the COA at (508) 821-3105 by 10am on the Monday before pickup.** It is important that you reserve your lunch(es) ahead of time to ensure we have enough to provide. **The menu for the month of April had not yet been released before printing the newsletter. Please call the COA regarding lunches.**

All Meals Include:
Milk (110 Calories, 125mg Sodium, 12g Carbs)
Margarine (36 Calories, 47mg Sodium)

Menu is subject to change without notice.
A donation of \$2.25 per meal is encouraged
but not required

Moments from the Museum

In this issue of the and the next 2 issues Berkley Beacon, we will be talking about Berkley Schools during the 19th century. There were 7 schoolhouses scattered throughout Berkley. Three of them still remain. Each one was a one room school that included 1st - 8th grades and all the students in that schoolhouse were taught by the same teacher.

The first picture is **Schoolhouse #1** was also known as the Common School because it was located on the Berkley Common.

It no longer exists but was located in the vicinity of the now existing Town Hall.

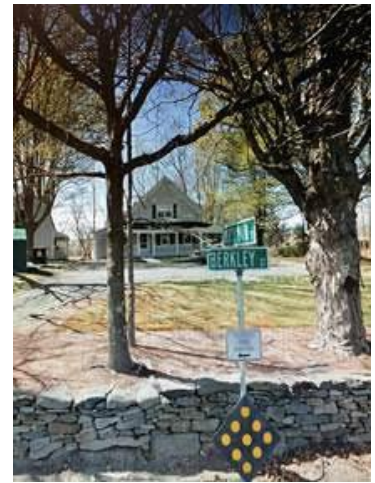
Schoolhouse #2 was known as Burt's Corner School and it is located where North Main Street meets Berkley St. as seen in Picture #2. Although the building does not resemble a school today, the 'bones' are still there and it was renovated into a lovely home as seen in Picture #3.



Picture #1



Picture #2



Picture #3

Come visit the Berkley Historical Society Museum on Tuesdays between 10 am - 1 pm or by appointment. It is located in the Old Town Hall, 2 North Main Street, Berkley, MA . Admission is free! We look forward to seeing you!



Neighbors Helping Neighbors

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

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

Fuel Assistance

This program provides assistance to low-income eligible individuals and families to help pay for heating costs. If you wish to apply for the first time, or require help with the renewal process, please call Lucille, our Outreach Worker, at (508) 821-3105 for more information or for a list of required documentation.

APPLICATIONS ACCEPTED UNTIL APRIL 30TH

BERKLEY FIRE/RESCUE Blue Address Sign Campaign

We are offering **FREE** signs for seniors ages 65+ (limited to the first 200 only) who do not have an address sign. All other signs are \$20. Fill out a request form (the COA has forms too) and drop it off at the Berkley Fire/Rescue, 5 North Main Street – next door to COA/Town Hall. Please call the Fire Department at (508) 822-7516 to request assistance or ask when you request a sign.

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

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



SAVE THE DATE



PODIATRY CLINIC

Dr. Smith will be back May 6th!
 Please call the COA to schedule your appointment!
 (508) 821-3105

COA CENTER CLOSED

April 8th
 April 15th
 April 18th
 April 22nd
 April 29th

BROWN BAG

April 27th
 Income guidelines apply. Please call the COA to determine eligibility.
 (508) 821-3105

HAPPY HEARTS SCHEDULE

EVERY THURSDAY
 @ 12:30-2:30
 April 7th
 April 14th
 April 21st
 April 28th

FRIENDS of Berkley COA

April 13th lunch

11:30 to 1:30

Clam chowder & Stuffed quahogs, dessert & Drink



\$10.00

Friends of Berkley
COA

**SAVE THE DATE LABOR DAY
FREE LUNCH AT THE BERKLEY
COMMON
FREE HOT DOGS, DESSERT,
DRINK,
CHIPS, AND LIVE MUSIC**

May 11th Lunch

11:30 to 1:30

Soft tacos, dessert & drink

\$10.00



Friends of
Berkley COA

**SAVE THE DATE
OCTOBER ART, CRAFT, VENDOR FAIR
AT THE BERKLEY COMMON**

**LOOK FOR UPCOMING INFORMATION
ON DAY TRIPS**

**YOU ARE INVITED TO PLAY BINGO AND WIN
SOME PRIZES, SHARE A GOOD TIME WITH
FRIENDS, ENJOY A CUP OF COFFEE AND
SOME SWEETS**

AT THE COA ACTIVITY ROOM

**MARCH 23RD 12:30PM
APRIL 6TH 12:30 PM
APRIL 20TH 12:30 PM
MAY 4TH 12:30 PM
MAY 18TH 12:30 PM
JUNE 1ST 12:30 PM**

Save the date 4th of July

Free lunch at the Berkley
Common

Free hot dog, dessert, chips, drink,
& live music



About the FRIENDS

The Friends of Berkley Council on Aging is a non-profit organization. Our Purpose is to encourage, initiate and sponsor programs and services. We want to promote greater community interest and enhance the dignity and well-being of Senior Citizens in Berkley. Institute fundraising projects and activities for services not provided for by the Town of Berkley, the Commonwealth of Massachusetts, or any other source of funding.

MEMBERSHIP COSTS:



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

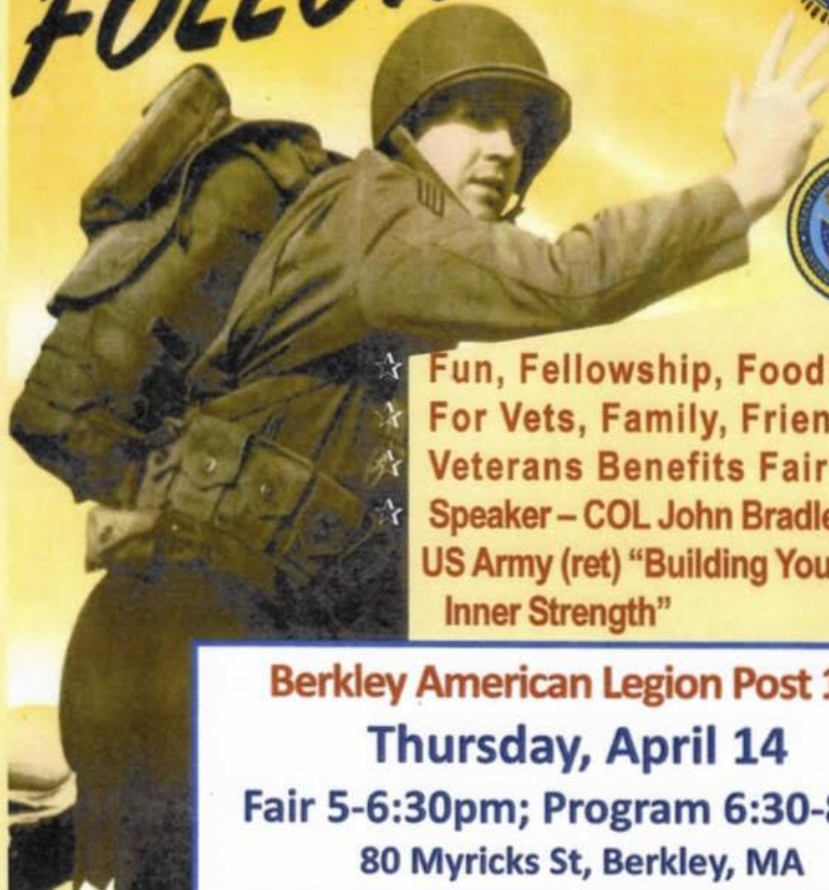
FRIENDS OF BERKLEY COA MEMBERSHIP DONATIONS

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

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

★ VETS "MIGHT NIGHT!" ★

FOLLOW ME!



Fun, Fellowship, Food!
For Vets, Family, Friends
Veterans Benefits Fair!
Speaker – COL John Bradley,
US Army (ret) "Building Your
Inner Strength"

Berkley American Legion Post 121

Thursday, April 14

Fair 5-6:30pm; Program 6:30-8pm

80 Myricks St, Berkley, MA

Contact Tom Raposa at Traposa443@aol.com

Or call 508-326-3220



Berkley Public Library

Berkley offers many titles, including new releases in a Large Print. Large print is when the text is printed in a larger font than normal, making it easier to read, especially for the visually impaired. Looking for a specific title in large print? We would be happy to check within the Sails Library network to find what you're looking for in a type that works for you.

Some new large print titles we have here include Tobacco Wives by Adele Myers, All About Me by Mel Brooks and Cartographers by Peng Shepherd.

For April the No Stress Book Club will be reading The Paris Library by Janet Skeslien Charles. Meeting will be April 7th at 6:00 p.m.

berpl@sailsinc.org

508-822-3329

www.berkeleylibrary.org

APRIL 2022

Activities & Meeting Schedule



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



Monday	Tuesday	Wednesday	Thursday	Friday
4 9:00 Italian 11:30 Aerobics 12:30 Coffee Talk 12:30 Mah Jong	5 8:45 Yoga 10:30 Body in Motion 10:30 Tai Chi 11:30 Quilting	6 9:00 Chair Yoga 9:00 Outreach 10:00 Friends 10:30 Grab n Go	7 9:00 COA Meeting 10:30 Tai Chi 12:30 Happy Hearts	8 COA CENTER CLOSED
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18 COA CENTER CLOSED PATRIOTS DAY	19 No Yoga 10:30 Body in Motion 10:30 Tai Chi 11:30 Quilting	20 9:00 Chair Yoga 9:00 Outreach 10:00 Friends 10:30 Grab n Go	21 10:30 Tai Chi 12:30 Happy Hearts	22 COA CENTER CLOSED
A P R I L S C H O O L V A C A T I O N				W E E K
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As always, the Council on Aging greatly appreciates the donations we have received and continue to receive. We could not offer activities and programs without the help of donations!

CALL THE COA WITH ANY QUESTIONS OR CONCERNS @ (508) 821-3105

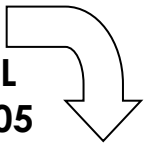
COUNCIL ON AGING
TOWN OF BERKLEY
1 NORTH MAIN STREET
BERKLEY, MA 02779

DO NOT FORWARD

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



**NOT YOU?
PLEASE CALL
508-821-3105**



STAFF

Vacant- Director (508) 821-3105 coa.director@berkleyma.us
Lucille Dallaire, SHINE/Outreach ldallaire@berkleyma.us


BOARD MEMBERS

Margaret Clark-Moroff, Chair Arlene Medeiros Wendy Cochrane

SOCIAL MEDIA

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

COUNCIL ON AGING HOURS OF OPERATION

Monday – Wednesday: 9am to 2:30pm
Thursday: 9am to 2:30pm Friday: CLOSED 

NEWSLETTER REMINDER

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

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

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