



THE BERKLEY BEACON

Our Offerings

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

Individual Highlights

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AUGUST

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 State Primary will be held on **Tuesday September 6, 2022 from 7am to 8pm at the Berkley Community School.** The last day to register to vote for this election is August 27, 2022.

In Person Early Voting will be held at the town hall:

- Saturday 8/27/22**, 8am-2pm
- Monday 8/29/22**, 9:30am – 2:30pm
- Tuesday 8/30/22**, 9:30am – 2:30pm
- Wednesday 8/31/22**, 9:30am – 2:30pm
& 6pm-8pm
- Thursday 9/1/22**, 9:30am – 2:30pm



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.

Manicures

Manicures will be back but booked and paid directly through Kerrie Ann.
FEES: \$12 Per Service
Call 401-374-0557 if interested!

Berkley Public Library

A great way to keep up with what's happening at the library is by signing up for our newsletters! The great thing about our newsletters is that you can pick and choose your personal interests from library events to new books coming out or just children or teen ongoing. You can even choose specific book genres to get information about! There's a link on our adult news page or you can just give us a call and we will be happy to sign you up.

Also, a reminder that our Summer Reading programs end this month! For the adult program, be sure to turn in your form by August 13th. For a chance to win \$25 gift cards from Dunkin' Donuts, The Boondocks, and Riverhouse Restaurants, complete at least three challenges and earn a raffle ticket! Winners will be drawn on August 16th. If you still need a challenge pamphlet, you can pick one up in person at the library or print one from our website. For the children's summer reading program, book bucks will be able to be redeemed throughout the month of August. All raffles will also be drawn on August 16th.

For August, the No Stress Book Club will be reading *The Summer Wives* by Beatriz Williams. The meeting will be Thursday August 4th at 6:00 p.m.

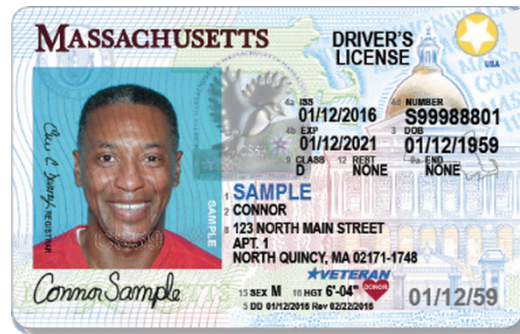
berpl@sailsinc.org

508-822-3329

www.berkeleylibrary.org

WILL YOUR I.D. FLY?

Look for the star. Beginning May 3, ² 2023, you will need a REAL ID or other acceptable ID such as a valid passport to fly within the U.S.



Join the Walk Massachusetts Challenge

Earn money for the Berkley COA and possibly win a gift card!

The Walk Massachusetts Challenge is back. Your participation helps our Council on Aging win money for fitness programs and gives you a chance to win one of several prizes! The challenge runs until October 31, 2022. During this time, you will have chances to be entered into a drawing to win a \$50 Visa, \$25 Amazon, or \$10 Dunkin' gift card. The more you walk, the more chances you have to win. Reach each milestone and receive a total of five entries. By completing the challenge, our Council on Aging gets a raffle entry to win up to \$1000 for fitness programming.

Here's how it works:

- Go to www.walkmachallenge.com and register.
- Choose a challenge based your current walking abilities, or challenge yourself to reach a higher goal. Walk inside, outside, at home, on a treadmill, with family, with your dog—the possibilities are endless!
- Track and enter your walking on www.walkmachallenge.com until October 31st
- Complete milestones and get entries to win. The more you walk, the more entries you get!



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 see a member to complete the necessary one-time forms and you must R.S.V.P. by calling the COA at (508) 821-3105 by 10am on the Tuesday before pickup.

| August 3 rd | | August 10 th | |
|--|--------------|---|--------------|
| Salisbury Steak w/ | 200 calories | Chicken Parmesan | 320 calories |
| Onion Gravy | 110 calories | Tomato Sauce | 55 calories |
| Mashed Potatoes | 52 calories | Italian Pasta | 1 calorie |
| Peas & Mushrooms | 133 calories | Genoa Vegetables | 40 calories |
| Multigrain Bread | 190 calories | Scali Bread | 310 calories |
| Pears | 4 calories | Pineapple | 1 calorie |
| Calories: 758 Sodium: 862mg Carbs: 92g | | Calories: 718 Sodium: 900mg Carbs: 99g | |
| August 17 th | | August 24 th | |
| Shepherd's Pie | 271 calories | Swedish Meatballs | 343 calories |
| Carrot Coins | 62 calories | Mashed Potatoes | 52 calories |
| Dinner Roll | 210 calories | Scandinavian | 42 calories |
| Pears | 4 calories | Vegetables | 121 calories |
| | | Oatmeal Bread | 174 calories |
| Calories: 738 Sodium: 719mg Carbs: 97g | | Lemon Pudding / MOD LS Pudding 174/100 calories | |
| | | Calories: 720 Sodium: 827mg Carbs: 83g | |
| August 31 st | | <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Menu is subject to change without notice. A donation of \$2.25 per meal is encouraged but not required</p> </div> | |
| Chicken Stew w/ Vegetables | 273 calories | | |
| Red Bliss Potatoes | 4 calories | | |
| Biscuit | 340 calories | | |
| Pineapple | 1 calories | | |
| Calories: 792 Sodium: 660mg Carbs: 78g | | <div style="border: 1px solid black; padding: 5px;"> <p>All Meals Include: Milk (110 Calories, 125mg Sodium, 12g Carbs) Margarine (36 Calories, 47mg Sodium)</p> </div> | |



Each year thousands of Medicare beneficiaries reach a gap in their Medicare prescription drug plan that is often referred to as the **“donut hole”**.

If you reach that gap, you will see your prescription drug costs increase dramatically!

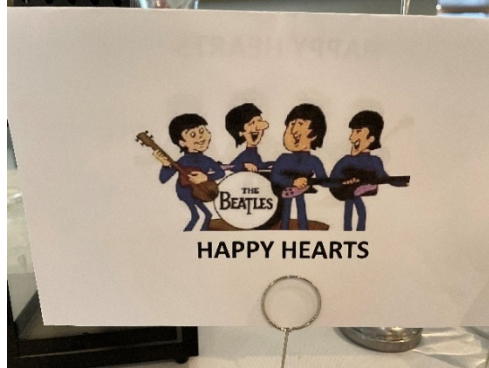
Don't let this happen to you. **Prescription Advantage** can help. Prescription Advantage is a state-sponsored program that supplements your Medicare drug plan to fill the gap.

For more information about Prescription Advantage, call MassOptions at 1-800-243-4636, Monday through Friday, 9:00 AM to 5:00 PM, or visit prescriptionadvantagemass.org.

Per The Massachusetts Executive Office of Elder Affairs

HAPPY HEARTS

Happy Hearts enjoy a meal at White's Restaurant while waiting to watch a Beatles Tribute



Join us on **August 25th at 1:00pm** Happy Hearts will be having a guest speaker from the District Attorney's office that will talk about scams and fraud. We would like to extend this invitation to any Berkley Senior, as we feel it is a very important topic.

Happy Hearts meet EVERY Thursday @ 12:30 – 2:30pm
Contact Loretta Marshall with any questions or concerns
@ 508-496-1187

SAVE THE DATE

CERAMICS

Join us on **August 11th at 11:00am** for Ceramics with Pagano Creations! Sign up sheet in the COA Center or call 508-821-2105

COA CENTER CLOSED

August 5th
 August 12th
 August 19th
 August 26th

BROWN BAG

AUGUST 24TH

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

(508) 821-3105

HAPPY HEARTS SCHEDULE

THURSDAY'S
@ 12:30-2:30

August 4th
 August 18th
 August 25th

FRIENDS of Berkley COA

ART CRAFT VENDOR FAIR

Saturday, October 15, 2022

You are cordially invited to our arts/craft/vendor fair. This will be an opportunity to show off your crafts for all of the upcoming holidays.

Entertainment will be provided. In addition to entertainment, food and soft drinks will be available for purchase.

The cost for a space is \$30.00. Space is limited so make reservations early.

The fair will be held Rain or Shine on the Berkley Common, North Main St. (center of Town) from 9:00AM to 4:00 PM on October 15, 2022.

The goal of our organization is to raise funds to help the Berkley COA continue with health and educational programs for our seniors.

To reserve a space or if you have questions please call or e-mail Elisabeth Monkowski at 508 822 7597 or elisabethv70@comcast.net



LABOR DAY

Monday, September 5, 2022

Join us for Free Lunch at the Berkley

Common, live music, hot dogs, drinks, and dessert!

11:30 AM to 1:30 PM



SAVE THE DATE

Saturday December 10, 2022

A Christmas Carol at the Zeiterion Theater New Bedford MA and lunch at the Perking Buffet prior to the show.

Charles Dickens' holiday favorite is alive with color and movement for all ages to enjoy!

Thrilling ensemble music and beautiful new arrangements to songs,

like "God Rest Ye Merry Gentlemen," "Away in a Manger," and more, are woven together with

live musicians, 23 performers, and Broadway-style scenery and costumes.

Additional information on price and times will follow soon

Sign on sheet is available at the COA activity center



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

MOMENTS FROM THE MUSEUM

This issue of the newsletter has the final installment of the one room school houses of Berkley during the 1800 and early 1900s.

Schoolhouse #7 is still standing and used regularly. Today we know it as the American Legion on Myricks St (Rt 79) . This building was erected in 1905 after a devastating fire destroyed the former school building at the same location in 1904. The Myricks students attended this school until 1944 after which the students started attending the Grammar School that had been built on the Common in 1926 where the Berkley Town Hall is now. The Myricks School then had a variety of clubs and organizations using it for their meetings and events. In April of 1963 the Berkley Selectmen were authorized to sell the Schoolhouse #7 to the Berkley American Legion Post #121 for \$1. The stipulation was that if the Legion disbanded, the school would be returned to the town. Also, stipulated was that the Legion could not sell the building. The picture you see is of Schoolhouse #7 with a second classroom added.



1926 GRAMMAR SCHOOL AT BERKLEY COMMON



There were 3 of these modified trucks to be used as buses to bring the students to school. Previously before the Grammar School was built, the students would walk to the school closest to where they lived. Hollis Jennings, Percy Jennings and Bob Conant were the bus drivers.

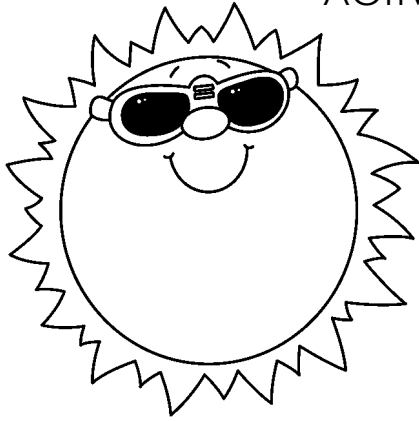


BERKLEY SCHOOLBUSES FROM 1926-1928

If you have enjoyed this series of photos and stories of Berkley history you will be equally delighted when you visit the Berkley Historical Society Museum. It is located in the Old Town Hall at 2 No. Main St. Berkley, MA
The Museum is open on Tuesday from 10 - 1 and admission is free. Come visit soon!
You will be glad you did!

AUGUST 2022

ACTIVITIES & MEETING SCHEDULE



Aerobics – Daily at 8am on Channel 9

Tai Chi is held at Town Hall

Bingo is held every other week unless posted different

Blood Pressure Clinic – 4th Wednesday of the month

Happy Hearts – Every Thursday @ 12:30-2:30pm

Body Sculpting – 2nd & 4th Wednesday of the month

Friends of COA – 1st & 3rd Wednesday of the month

| Monday | Tuesday | Wednesday | Thursday |
|---|---|--|--|
| 1 | 2 | 3 | 4 |
| 9:00 Italian 11:30 Aerobics 12:30 Coffee Talk 12:30 Mah Jong | 8:45 Yoga 10:30 Body in Motion 11:30 Quilting | 10:15 Friends 10:30 Grab n Go | 9:00 COA Meeting 10:30 Tai Chi 12:30 Happy Hearts |
| 8 | 9 | 10 | 11 |
| 9:00 Italian 11:30 Aerobics 12:30 Coffee Talk 12:30 Mah Jong | 8:45 Yoga 10:30 Body in Motion 11:30 Quilting | 10:00 Body Sculpting 10:30 Grab n Go 12:30 BINGO | 10:30 Tai Chi 11:00 Ceramics – Conference Rm A NO HAPPY HEARTS |
| 15 | 16 | 17 | 18 |
| 9:00 Italian NO AEROBICS 12:30 Coffee Talk 12:30 Mah Jong | 8:45 Yoga 10:30 Body in Motion 11:30 Quilting | 10:15 Friends 10:30 Grab n Go 11:00 Friends Pulled Pork Lunch | 10:30 Tai Chi 12:30 Happy Hearts |
| 22 | 23 | 24 | 25 |
| 9:00 Italian 11:30 Aerobics 12:30 Coffee Talk 12:30 Mah Jong | 8:45 Yoga 10:30 Body in Motion 11:30 Quilting | 10:00 Body Sculpting 10:00 BP Clinic 10:00 Brown Bag 10:30 Grab n Go 12:30 BINGO | 10:30 Tai Chi 12:30 Happy Hearts |
| 29 | 30 | 31 | |
| 9:00 Italian NO AEROBICS 12:30 Coffee Talk 12:30 Mah Jong | 8:45 Yoga 10:30 Body in Motion 11:30 Quilting | 10:30 Grab n Go | |

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!

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

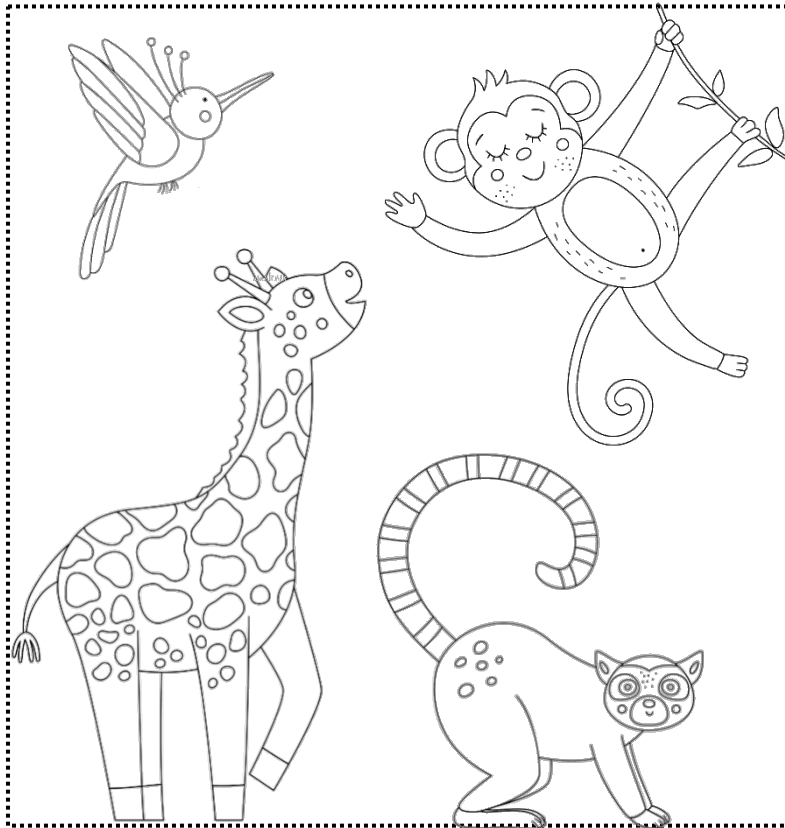
DO NOT FORWARD

PRESORTED STANDARD

U.S. POSTAGE PAID

TAUNTON, MA

PERMIT # 73



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



*PLEASE EXCUSE OUR
APPEARANCE FOR THE TIME
BEING AS WE ARE NOT IN
COLOR!*

STAFF

Vacant, Director
Lucille Dallaire, SHINE/Outreach

(508) 821-3105

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

BOARD MEMBERS

Margaret Clark-Moroff, Chair

Arlene Medeiros

SOCIAL MEDIA

Facebook: Berkley Council on Aging

Instagram: berkleycouncilonaging

Website: TownOfBerkleyMA.com/council-aging

COUNCIL ON AGING HOURS OF OPERATION

Monday – 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