



# THE BERKLEY BEACON

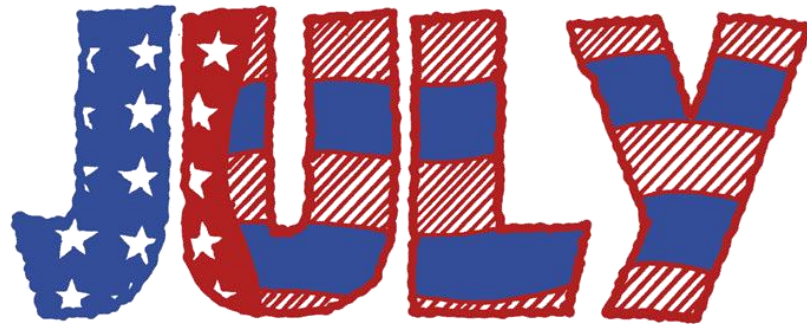
Town of Berkley  
Council on Aging  
1 North Main Street  
Berkley, MA 02779

## Our Offerings

- Aerobics
- Italian lessons
- Tai Chi
- Quilting
- BINGO
- Yoga
- 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

There are a lot of **FREE** items for the taking that were donated to the COA including Adult Briefs, Walkers, Shower Handles, Sanitizer, and more!  
Please help yourself!  
Thank you for the donations!!

## 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**

## 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

Have you friended your library yet? The Friends of the Berkley Library advocate for and raise money to help support the library. This month's meeting will be held on July 18<sup>th</sup> at 7 p.m. Meetings are held on the 3<sup>rd</sup> Monday of each month. The friends are always looking for additional members and new ideas! If you can't make the meetings, you can always keep up with the Friends via our website. Minutes are posted monthly and there is an email contact if you're interested in volunteering! Also, a reminder that the Dighton Rock Museum is open on the 2<sup>nd</sup> Saturday of each month through September at the same time our Children's librarian will be holding Family story hour at the State Park from 10-11 a.m.

For July, the No Stress Book Club will be reading *The Stranger in the Mirror* by Liv Constantine. Meeting will be Thursday July 7<sup>th</sup> at 6:00 p.m.

[berpl@sailsinc.org](mailto:berpl@sailsinc.org)

508-822-3329

[www.berkeleylibrary.org](http://www.berkeleylibrary.org)



## Rep. Norman Orrall Office Hours

Rep. Orrall (or sometimes his legislative staff) are here to provide office hours. Please call the COA for more information. To request that Rep. Orrall be here directly, call (617) 722-2090.

## No Bake Flag Cheesecake Recipe

### INGREDIENTS

2

#### Crust:

- 1 ½ cups graham cracker crumbs
- ¼ cup white sugar
- 2 tablespoons unsweetened cocoa powder
- 6 tablespoons melted butter

#### Filling:

- 1 cup cream cheese
- 1 cup mascarpone cheese
- 2 teaspoon lemon zest
- 2 teaspoon lemon juice
- 1 teaspoon vanilla extract
- 1/3 cup white sugar
- 1 ¼ cup heavy whipping cream
- Strawberries & Blueberries, as needed

### DIRECTIONS

1. Combine all crust ingredients in a bowl and transfer crust to a 9x11 inch baking dish. Press crust into bottom of dish until smooth and even. Cover with plastic wrap and refrigerate about 30 minutes until set.
2. Mix cream cheese and mascarpone cheese in a bowl until combined. Stir in lemon zest, lemon juice, and vanilla extract into the mixture.
3. Whisk sugar into whipping cream in a separate bowl until the cream is fluffy. Add whipped cream to the cream cheese mixture and whisk until filling is soft and well combined.
4. Spoon filling on top of graham cracker crust. Cover pan tightly with plastic wrap and refrigerate for at least 3 hours.
5. Starting at the bottom long edge of the cake, arrant strawberry halves in a horizontal line. Continue making strawberry stripes, leaving enough room for blueberry stars.
6. Lay lines of blueberries in the upper left square space until filled.
7. Cut cake into squares and serve!



Recipe & pictures from [allrecipes.com](http://allrecipes.com)

# 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.**

July 6 <sup>th</sup>		July 13 <sup>th</sup>	
Beef & Cabbage Casserole	300 calories	Grilled Chicken	320 calories
Peas	82 calories	Soy Ginger Sauce	104 calories
WW Bulkie Roll	160 calories	Asian Rice	78 calories
Cantaloupe	12 calories	WW Bread	160 calories
		Sara Lee Pie	273 calories
		MOD: SF Cookie	110 calories
Calories: 566 Sodium: 727mg Carbs: 71g		Calories: 797 Sodium: 1133mg Carbs: 96g	
July 20 <sup>th</sup>		July 27 <sup>th</sup>	
Spanish Omelet	382 calories	BBQ Boneless Rib	403 calories
Hash Browns	136 calories	Brown Rice	36 calories
Escalloped Tomato	143 calories	Roman Blend Veg	26 calories
Wheat Bread	115 calories	WW Bread	160 calories
Orange Juice	15 calories	Tiramisu	209 calories
		MOD: SF Cake	110 calories
Calories: 578 Sodium: 963mg Carbs: 72g		Calories: 667 Sodium: 1006mg Carbs: 88g	

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

# INDEPENDENCE



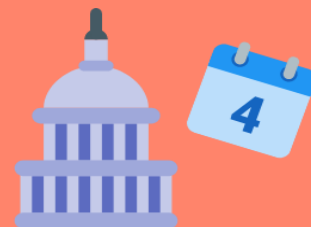
## DAY FUN FACTS

The **Declaration of Independence** started with a letter to Britain's King George to explain why the Continental Congress voted to declare America's independence.



Americans take their 4th of July celebrations seriously. On this day, about **150 million hot dogs** will be eaten and served!

It wasn't until almost 100 years after the Declaration of Independence, when finally in 1870, was "July 4th" then made into an **official holiday** by Congress.





# HAPPY HEARTS



Happy Hearts enjoying a visit from Jack Ryan, the Magician



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

Get your Blue Address Sign installed for **FREE!**  
Call 508-822-7516



## SAVE THE DATE

### PODIATRY CLINIC

Dr. Smith will be **Friday July 29<sup>th</sup>!**  
Please call the COA to schedule an appointment.  
(508) 821-3105

### COA CENTER CLOSED

July 1<sup>st</sup>  
July 4<sup>th</sup>  
July 8<sup>th</sup>  
July 15<sup>th</sup>  
July 22<sup>nd</sup>  
July 29<sup>th</sup>

### BROWN BAG

July 27<sup>th</sup>

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

(508) 821-3105

## HAPPY HEARTS SCHEDULE

THURSDAY'S @ 12:30-2:30

July 7<sup>th</sup>  
July 14<sup>th</sup>  
July 21<sup>st</sup>  
July 28<sup>th</sup>

# FRIENDS of Berkley COA

## 4<sup>th</sup> of JULY CELEBRATING INDEPENDANCE DAY

Free Lunch at the Berkley Common, live music, hot dogs, drink, and dessert  
11:30 AM to 1:30 PM



## LABOR DAY

Free Lunch at the Berkley Common, Live music, hot dogs, drink, and dessert  
11:30 AM to 1:30 pm

## AUGUST 17<sup>TH</sup>

National Black Cat Appreciation Day  
Let's just celebrate by having lunch  
Pulled Pork sandwich and potato salad, dessert, and soft drink  
**\$10.00 per person**



## ART CRAFT VENDOR FAIR

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](mailto:elisabethv70@comcast.net)



Friends of Berkley COA  
New Fiscal year starts on July 1<sup>st</sup>  
Membership forms will be available  
in the COA activity center.  
Current members will receive the  
membership form by mail shortly

MEMBERSHIP COSTS: Individual \$10 •  
Senior \$5 • Family \$25

### 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

In this month's issue of the newsletter, we will be visiting 2 more Public Schools of 19th century Berkley, Massachusetts.

### SCHOOLHOUSE #5

This schoolhouse was also known as the Algerine School because it was located approximately where 1 Algerine Street is now. This school was in a very pleasant setting which no doubt helped the children at school on the day that the photo was taken appear relaxed. When the single room schools were decommissioned in 1926 after the brick Grammar School was built at the Common, the Algerine School was sold by the town for \$365. Wood from the school was repurposed to create an addition onto a house located on Anthony Street.



### SCHOOLHOUSE #6

This school on Padelford Street was built in 1890 across the street from the original schoolhouse that needed much repair. This one was known as Skunk Hill School due to its location to a nearby area which local people called Skunk Hill. Today we know that area simply as Hill Street. Since 1926, this building



has been a home for different families. There is little evidence of its original use as a school but a few items had been found that attest to that including the school desks that were stored in the loft area.

Prior to the building of Rt 24, Padelford Street had been a flat, dirt road. Students attending this school would walk from the original Seymour Street and much of Padelford St. Students from Plain Street East and Cotley Street walked through the woods right to the back end of the school.

The next COA newsletter issue will have the concluding entry of the Berkley Schools of the 1800s

Come visit the Berkley Historical Society Museum on Tuesdays between 10 am - 1 pm. It is located at 2 No. Main St, Berkley, MA. There is so much to see and enjoy during your visit. You can also get your FREE Passport to History that gives you free admission to 4 people into 16 different local participating Museums in the Old Colony Area. For more details, stop by the Museum!

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

# JULY 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 – 4<sup>th</sup> Wednesday of the month

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

Body Sculpting – 2<sup>nd</sup> & 4<sup>th</sup> Wednesday of the month

Friends of COA – 1<sup>st</sup> & 3<sup>rd</sup> Wednesday of the month

Monday	Tuesday	Wednesday	Thursday	Friday
				1 <b>COA CENTER CLOSED</b>
4 <b>COA CENTER CLOSED</b> FOURTH OF JULY	5 8:45 Yoga <i>NO BODY IN MOTION</i> 11:30 Quilting	6 10:15 Friends 10:30 Grab n Go	7 10:30 Tai Chi 12:30 Happy Hearts	8 <b>COA CENTER CLOSED</b>
11 9:00 Italian 11:30 Aerobics 12:30 Coffee Talk 12:30 Mah Jong	12 8:45 Yoga <i>NO BODY IN MOTION</i> 11:30 Quilting	13 10:00 Body Sculpting 10:30 Grab n Go 12:30 BINGO	14 10:30 Tai Chi 12:30 Happy Hearts	15 <b>COA CENTER CLOSED</b>
18 9:00 Italian 11:30 Aerobics 12:30 Coffee Talk 12:30 Mah Jong	19 8:45 Yoga 10:30 Body in Motion 11:30 Quilting	20 10:15 Friends 10:30 Grab n Go	21 10:30 Tai Chi 12:30 Happy Hearts	22 <b>COA CENTER CLOSED</b>
25 9:00 Italian <i>NO AEROBICS</i> 12:30 Coffee Talk 12:30 Mah Jong	26 8:45 Yoga 10:30 Body in Motion 11:30 Quilting	27 <b>9:00 Brunch</b> 9:00 BP Clinic/ Brown Bag 10:30 Grab n Go 12:30 BINGO	28 10:30 Tai Chi 12:30 Happy Hearts	29 <b>COA CENTER CLOSED</b> Podiatry Apts Only

***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!***

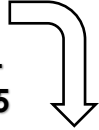
**COUNCIL ON AGING**  
TOWN OF BERKLEY  
1 NORTH MAIN STREET  
BERKLEY, MA 02779

**DO NOT FORWARD**

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



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



**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

Wendy Cochrane

**SOCIAL MEDIA**

Facebook: Berkley Council on Aging

Instagram: berkleycouncilonaging

Website: [TownOfBerkleyMA.com/council-aging](http://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*