

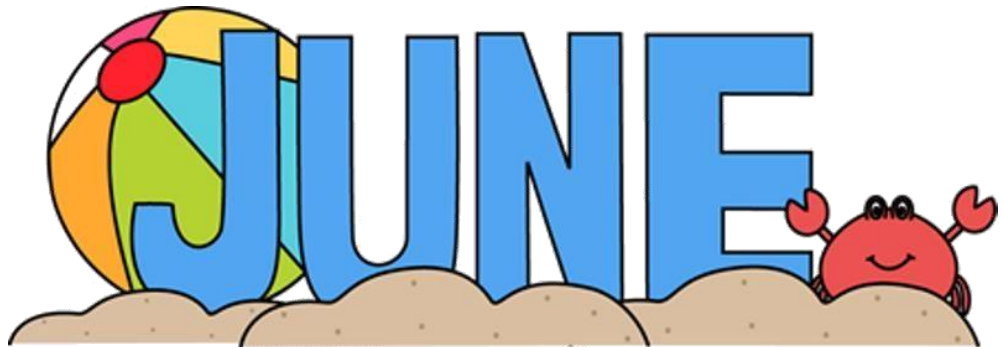


Our Offerings

- 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, 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



Friendly Reminders

Washington Cruise Lake
Winnepesaukee – **June 8th**

Lunch on the Farm – **June 22nd**

BBQ Chicken Lunch @ The Berkley
American Legion– **June 29th**

SIGN UP SHEETS IN THE CENTER

Ceramics with Pagano Creations

Join us on **Monday, June 27th** for
Outdoors Themed Ceramics!

Sign up in the Center or call
508-821-3105

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

Interested in Manicures Coming Back?

Manicures will be back but booked
and paid directly though Kerrie Ann.

FEES: \$12 Per Service

Call 401-374-0557 if interested!

Lunch @ American Legion

BBQ Chicken Lunch \$15 per person
Roasted Potatoes, Corn, Pasta
Salad, BBQ Chicken – **June 29th**

**CASH PREFERRED OR CHECKS MADE
OUT TO AMERICAN LEGION**

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.

Neighbors Helping Neighbors

Become a volunteer at the COA! 2

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!

Berkley Public Library

Our Summer Reading program is back! For
adults, complete as many or as little of the
challenges as you'd like and earn raffle tickets
for a chance to win one of our great prizes.

Everyone who participates and turns in their
form will get a little something. We are thankful

to local restaurants Riverhouse and The
Boondocks for their generous donations in
providing these prizes. This year's theme will be

"Read Beyond the Beaten Path" Stop in at the
desk to get your challenge pamphlet or

download it on our website. Summer Reading
will run from June 14th – August 6th. Ask about

the kids reading too and check out the
children's summer reading challenges and all
the programs they can attend and rewards
they can earn!

On the 2nd Saturday of each month through
September, Our Children's librarian will be
holding Family story hour with story, music and
activities at Dighton Rock State Park from 10-
11 a.m. Bring a blanket or a lawn chair and
join in and don't forget to stop in at the
museum during your visit.

For June, the No Stress Book Club will be
reading The Last Days of Night by Graham
Moore. Meeting will be Thursday June 2nd at
6:00 p.m.

berpl@sailsinc.org

508-822-3329

www.berkeleylibrary.org

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.

June 1 st		June 15 th	
Honey Mustard Chicken	357 calories	Mac & Cheese	404 calories
Whipped Sweet Potato	33 calories	Green Peas	82 calories
Roasted Carrots	77 calories	Multigrain Roll	190 calories
Wheat Bread	115 calories	Fresh Peach	5 calories
Mixed Fruit w/ Coconut	10 calories		
Calories: 591 Sodium: 764mg Carbs: 83g		Calories: 792 Sodium: 854mg Carbs: 102g	

June 29 th	
Broccoli Bake	387 calories
Potato Wedges	27 calories
Tomato Florentine	121 calories
Fruit Loaf	102 calories
Birthday Cake	209 calories
MOD: SF Cookies	120 calories
Calories: 987 Sodium: 1017mg Carbs: 99g	

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

NO GRAB N GO JUNE 8TH AND JUNE 22ND

THE WARNING SIGNS OF HEAT EXHAUSTION

- HEAVY SWEATING**: Icon of a person sweating with a sun in the background.
- RAPID PULSE**: Icon of a heart with a jagged pulse line.
- DIZZINESS**: Icon of a person with a circular arrow around their head.
- MUSCLE CRAMPS**: Icon of a person lying on the ground with a lightning bolt over a leg.
- HEADACHE**: Icon of a person with lightning bolts around their head.

HAPPY HEARTS



FF/EMT Liza Amaral came in to teach the Happy Hearts about fire safety and falling prevention



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



SAVE THE DATE

PODIATRY CLINIC

Dr. Smith will be here in July!
Please call the COA to schedule an appointment.

(508) 821-3105

COA CENTER CLOSED

June 3rd
June 10th
June 17th
June 24th

BROWN BAG

June 22nd

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

(508) 821-3105

HAPPY HEARTS SCHEDULE

THURSDAY'S
@ 12:30-2:30

June 9th
June 23rd
June 30th

FRIENDS of Berkley COA

4th 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 17TH

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



DAY TRIP TO LAKE WINNIPESAUKEE

Tentative for June 8, 2022

Trip will include:

Bus drive to Weirs Beach Port in New Hampshire, 2 ½ hours narrated scenic Cruise seated on the main Deck which is handicapped accessible, Buffet lunch during the cruise and some free time for shopping.
Price is \$90.00 per person



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 newsletter we will be visiting two more of Berkley's 19th century Public Schools.

SCHOOLHOUSE # 3

This school was also known as the **Bridge Village School**. It was located at the corner of Elm Street and Berkley St. This school was well attended by students due to the concentration of families that lived in the Bridge Village area. Due to the concentrated river traffic, The Bridge Village was practically a town by itself with all the necessary resources. In addition to the school, there was a chapel, blacksmith, dry goods store, cartwright, tailor and many other services.

The Bridge Village school was built in 1872. Picture #1 shows the location on Elm St. To the left of the school is what was then known as New Road. Today we know that road as Berkley St. This schoolhouse was in use for 45 years when a fire destroyed it in November 1917. Fortunately, due to the fast work of neighbors to the school, many items were saved: the blackboard, the organ, a table, teacher's desk and many of the pupil's desks. Also, the shutters, doors and steps were saved. Across the street close to where Wallace Drive is now, there was a chapel and it was used as the school during the week for the remainder of the season.



In the 2nd picture we see the same school from the east side looking west across the Taunton River. The school was built on a hill that allowed

a nice vista of the river. In this picture you can just make out the river in the background in front of the school.

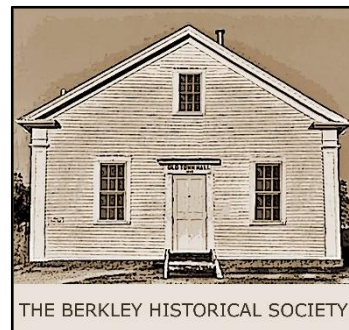
SCHOOLHOUSE # 4

This school was also known as the **Assonet Neck School**. It was located on Assonet Neck Road which today we know as Bay View Avenue. It was in close proximity to Dean Lane. During the warm seasons many students went to school barefoot. There was no bus transportation so they all walked or maybe rode a horse to school if it wasn't needed that day on the farm. Due to the concentration of farms in this area, often time during spring season the student attendance at the school would be very few because the children were expected to help with the planting of crops.

Picture #3 shows what this schoolhouse looked like and is a delight to view as it gives us a good idea of what the children wore back in the days of the 19th century. Most likely the teacher told them that a photographer would be coming and no doubt their clothing is probably Sunday best!



Come visit the Berkley Historical Society Museum any Tuesday between 10 am and 1 pm. It is located at 2 No. Main Street, Berkley, MA just across the street from the Safety Building. Admission is free! When you step into the Museum you step back in Berkley history. We look forward to meeting you!



JUNE 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	Friday
		1 10:15 Friends 10:30 Grab n Go 12:30 BINGO	2 9:00 COA Meeting 10:30 Tai Chi NO HAPPY HEARTS	3 COA CENTER CLOSED
6 9:00 Italian 11:30 Aerobics 12:30 Coffee Talk 12:30 Mah Jong	7 8:45 Yoga 10:30 Body in Motion 11:30 Quilting	8 10:00 Body Sculpting NO GRAB N GO <i>Lake Winnepesaukee Trip</i>	9 10:30 Tai Chi 12:30 Happy Hearts	10 COA CENTER CLOSED
13 9:00 Italian 11:30 Aerobics 12:30 Coffee Talk 12:30 Mah Jong	14 No Yoga 10:30 Body in Motion 11:30 Quilting	15 10:15 Friends 10:30 Grab n Go 12:30 BINGO	16 10:30 Tai Chi NO HAPPY HEARTS	17 COA CENTER CLOSED
20 COA CENTER CLOSED JUNETEENTH	21 8:45 Yoga 10:30 Body in Motion 11:30 Quilting	22 10:00 BP Clinic 10:00 Body Sculpting 10:00 Brown Bag NO GRAB N GO <i>Lunch on the Farm</i>	23 10:30 Tai Chi 12:30 Happy Hearts	24 COA CENTER CLOSED
27 9:00 Italian 11:30 Aerobics 12:30 Coffee Talk 12:30 Mah Jong 1:00 Ceramics	28 8:45 Yoga 10:30 Body in Motion 11:30 Quilting	29 10:30 Grab n Go <i>12:00 BBQ Lunch @ American Legion</i> 12:30 BINGO	30 10:30 Tai Chi 12:30 Happy Hearts	

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

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