

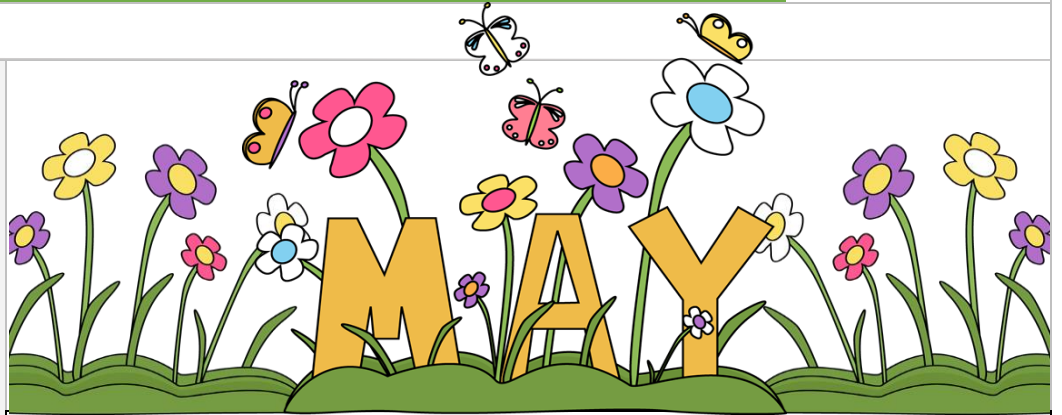


THE BERKLEY BEACON

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
- Events & Trips
- Coffee Talk Café
- Movies - Presentations



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

IF YOU NEED A NEW SCAN CARD OR NEED TO REGISTER FOR MY SENIOR CENTER, PLEASE LET A MEMBER KNOW AND WE WILL GET YOU A NEW CARD!

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

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.

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*NEW TIME CHANGES

Real Estate Taxes

4th Quarter Real Estate Taxes for FY22 are due **May 2nd**
Please have checks made out to Town of Berkley
Please call the Tax Collectors office if you have any questions @ 508-823-9620

Annual Town Election

Annual Town Election will be **May 7th from 10AM – 6PM**
@ Berkley Community School
Absentee Ballots are available in the Town Clerks office
Please call 508-822-3348 with any questions

Rep. Norman Orrall Office Hours

Rep. Orrall (or sometimes his legislative staff) are here to provide office hours on **May 16th at 9:30am.** Please call the COA for more information. To request that Rep. Orrall be here directly, call (617) 722-2090.

Walking Club

Interested in a Walking Club at Dighton Rock State Park?
Please call 508-821-3105



Neighbors Helping Neighbors ²

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!

Berkley Public Library

With the nice spring weather coming up, we wanted to remind everyone about our museum pass program.

The library offers free or discounted admissions to many local parks and museums including Blithewold Mansion, Buttonwood Park Zoo, Massachusetts State Parks and New Bedford Whaling Museum.

New passes include Old Colony History Museum, Robbins Museum of Archaeology, and the Salem Witch Museum.

To reserve passes you can visit our website or give us a call.

For May, the No Stress Book Club will be reading *Recipe For a Perfect Wife* by Karma Brown. Meeting will be Thursday May 5th 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 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 May had not yet been released before printing the newsletter. Please call the COA regarding lunches.**

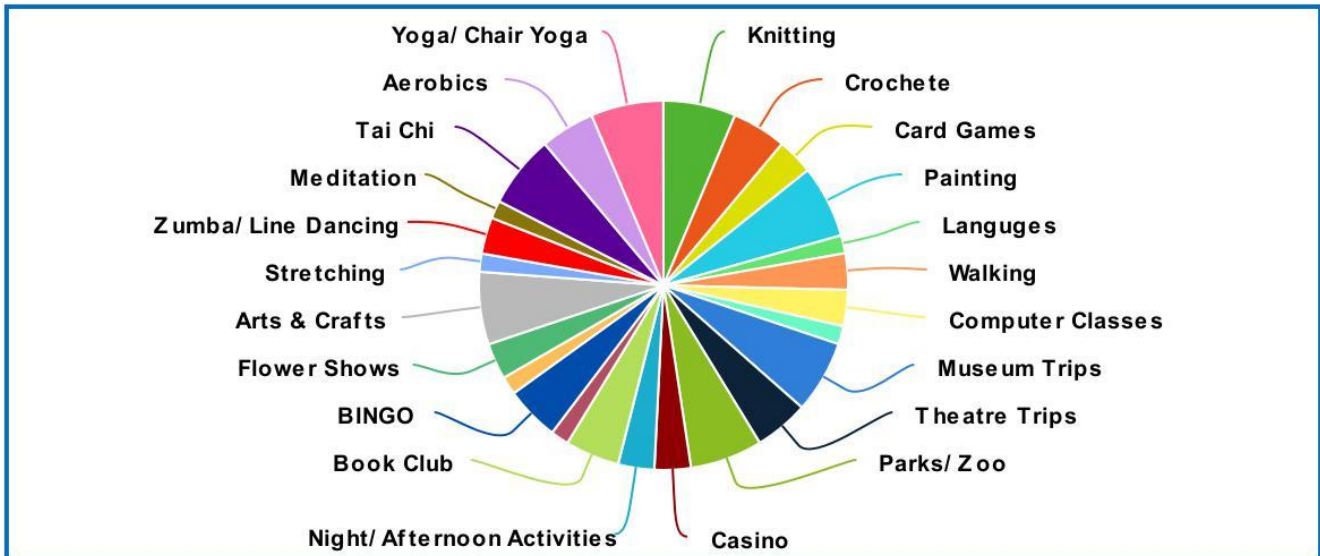
All Meals Include:
Milk (110 Calories, 125mg Sodium, 12g Carbs)
Margarine (36 Calories, 47mg Sodium)

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

TO REGISTER FOR GRAB N GO LUNCHES, YOU MUST FILL OUT AN APPLICATION. PLEASE CONTACT THE COA FOR A FORM.

Activities Survey Results

Thank you to those who participated in our anonymous survey. Your responses are appreciated and heard!



- Knitting
- Crochete
- Card Games
- Painting
- Languges
- Walking
- Computer Classes
- Informative Seminars
- Museum Trips
- Theatre Trips
- Parks/ Zoo
- Casino
- Night/ Afternoon Activities
- Book Club
- Baseball
- BINGO
- Ceramics
- Flower Shows
- Arts & Crafts
- Stretching
- Zumba/ Line Dancing
- Meditation
- Tai Chi
- Aerobics
- Yoga/ Chair Yoga

HAPPY HEARTS



About Happy Hearts

We are a social club for seniors! We meet weekly on Thursdays at 12:30PM.

We go to a variety of local activities and events. Some of our recent and upcoming activities include lunch and entertainment at Segregansett Country Club; a catered breakfast; The Carol Burnett Show & Cabaret at Wyndham Hotel and a Beatles Tribute at Whites Restaurant.

Membership is open to anyone 55 or older from Berkley or any surrounding town.

Please come check us out! For more information, call Loretta Marshall @ 508-496-1187

We hope to see you soon!

Happy Hearts Breakfast

SAVE THE DATE

PODIATRY CLINIC

Dr. Smith will be here on **May 6th!** Please call the COA to make an appointment or sign up in the center!

(508) 821-3105

COA CENTER CLOSED

May 6th
(Open for Podiatry Apts)

May 13th

May 20th

May 27th

BROWN BAG

May 25th

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

(508) 821-3105

HAPPY HEARTS SCHEDULE

EVERY THURSDAY @ 12:30-2:30

May 5th
NO MEETING MAY 12TH
May 19th
May 26th

FRIENDS of Berkley COA

Celebrating Cinco de Mayo!



May 11th
11:30 AM to 1:30 PM
Price \$10.00
Soft Tacos, Drinks,
& Desserts

4th of July

Celebrating Independence Day

Free Lunch at the
Berkley Common
Live Music, Hot Dogs,
Drinks, and Desserts
11:30 AM to 1:30 PM



Labor Day

Free Lunch at the Berkley Common, Live
Music, Hot Dogs, Drinks, and Desserts
11:30 AM to 1:30 PM

Day trip to Lake Winnepesaukee is in the works

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.

We will provide you shortly
the price and times for this
trip as we are still waiting
for some information.



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. Food and soft
drinks will also 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



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

DIY Notepads

ITEMS YOU'LL NEED:

Scrap Paper
Card Stock
Glue
Paint Brush
Clothes Pins or Clips
Tape – Optional



STEPS:

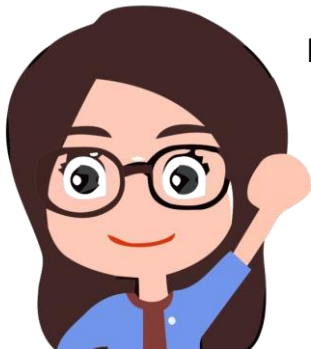
1. Cut up scrap paper and card stock to desired notepad size. The card stock is used as front and back covers.
2. Line up the papers and secure with clips near the top so that the paper is held tightly together.
3. Using the paintbrush, apply a thick layer of glue along the top.
4. After the glue is completely dry, use tape to cover the top. This is optional, but it helps keep the notepads together.

THERE ARE PRE-MADE NOTEPADS AND DIY KITS AVAILABLE FOR FREE IN THE COA CENTER

For those of you who don't know the fingers behind the keyboard, my name is Chloe. I actually work in the Treasurer's office but have been helping out in the COA as much as I can in my spare time. I accidentally made 650 copies of something I didn't need and didn't want to just throw it all away so I decided to turn a negative

into a positive. I love arts & crafts and hope that these notepads are useful and bring you as much joy as they brought me!

-Chloe



May 25, 2022

CELEBRATE MEMORIAL DAY and the 77TH ANNIVERSARY of the END of the SECOND WORLD WAR with Singing Star RUTH HARCOVITZ

The Berkley Council on Aging invites you to come and join us at the COA center on Wednesday, **May 25 at 12:30 PM** for coffee and cake; then enjoy the performance of Ruth Harcovitz's SONGS OF WORLD WAR II at 1:00 PM.

Her presentation will include favorites from the World War II era, such as "Accentuate the Positive," "Boogie Woogie Bugle Boy," and "White Cliffs of Dover."

Ms. Harcovitz has thrilled thousands with her sparking voice and warm personality everywhere she goes. She is known for her wide range of exciting programs which always draw enthusiastic crowds.

This program is supported in part by a grant from the Berkley Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

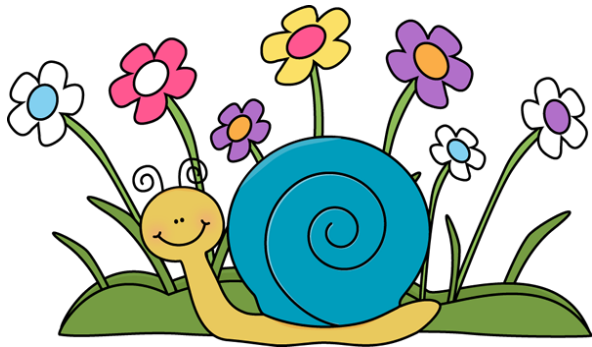


PROGRAM PARTICIPATION HAS CHANGED TO 55 YEARS OLD AND OLDER

THE BERKLEY COA RUNS ON DONATIONS

MAY 2022

Activities & Meeting Schedule



Aerobics – Daily at 8am on Channel 9
 Tai Chi **held in the COA Center every Thursday**
 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
2	3	4	5	6
9:00 Italian 11:30 Aerobics 12:30 Coffee Talk 12:30 Mah Jong	8:45 Yoga 10:15 Body in Motion 11:30 Quilting	10:15 Friends 10:30 Grab n Go 12:30 BINGO	10:30 Tai Chi 12:30 Happy Hearts	Podiatry Appointments COA CENTER CLOSED
9	10	11	12	13
9:00 Italian 11:30 Aerobics 12:30 Coffee Talk 12:30 Mah Jong	8:45 Yoga 10:15 Body in Motion 11:30 Quilting	10:00 Body Sculpting 10:30 Grab n Go 11:30 Friends Lunch	10:30 Tai Chi 12:30 Happy Hearts	COA CENTER CLOSED
16	17	18	19	20
9:00 Italian 11:30 Aerobics 12:30 Coffee Talk 12:30 Mah Jong	8:45 Yoga 10:15 Body in Motion 11:30 Quilting	10:15 Friends 10:30 Grab n Go	10:30 Tai Chi 12:30 Happy Hearts	COA CENTER CLOSED
23	24	25	26	27
9:00 Italian 11:30 Aerobics 12:30 Coffee Talk 12:30 Mah Jong	8:45 Yoga 10:15 Body in Motion 11:30 Quilting	10:00 BP Clinic 10:00 Body Sculpting 10:00 Brown Bag 10:30 Grab n Go 12:30 Songs of WWII	10:30 Tai Chi 12:30 Happy Hearts	COA CENTER CLOSED
30	31			
9:00 Italian 11:30 Aerobics 12:30 Coffee Talk 12:30 Mah Jong	8:45 Yoga 10:15 Body in Motion 11:30 Quilting			<u>Tai Chi is now being held in the COA Center on Thursdays ONLY</u>

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