



# THE BERKLEY BEACON

## Our Offerings

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

## Individual Highlights

State Primary	1
Painting	2
Berkley Public Library	2
Early Voting	2
Grab n' Go Lunches	3
Medicare Open Enrollment.	3
Happy Hearts	4
Turkey Dinner Fundraiser	4
Save the Dates	4
Brown Bag	4
Podiatry	4
Friends of COA	5
Moments from the Museum	6
Calendar	7



## 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

### Kittery, Maine Trip

Reminder! The Trip to Kittery, ME and dinner at Weatherane is **November 9<sup>th</sup>, leaving Berkley at 7:45am.**

Expected time to return is 7:00pm.

For questions or concerns, please contact the COA @ 508-821-3105

## 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.

# IN THE NEWS



## Body Sculpting

Body Sculpting has been canceled effective November 1, 2022

### Berkley Public Library

“Extra Extra! Read all about it!!”

Did you know that you can get the Boston Globe for free through your Berkley Library? Not only do we get a copy of the paper for you to read while visiting us at the library (We also have the Taunton Gazette) but you can also search for Boston Globe articles through a link on our website. From our homepage, click on the eReference Resources link and then find the Boston Globe icon. This will allow you to read full text articles from the most current issue as well as search archives dating back to 1980. For November, the No Stress Book Club is reading *The Sentence* by Louise Erdrich. The meeting will be Thursday November 3rd at 6:00 p.m.

[berpl@sailsinc.org](mailto:berpl@sailsinc.org) • 508-822-3329 • [www.berkeleylibrary.org](http://www.berkeleylibrary.org)

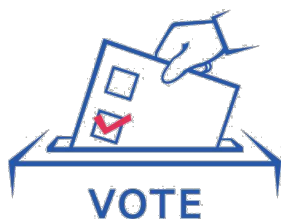
### Massachusetts State Election

The Massachusetts State Election will be held on **Tuesday November 8, 2022** from **7am to 8pm** at the Berkley Community School.

In Person Early voting will be held at the Town Hall:

Tuesday 11/1, 9:30am-2:30pm  
Wed. 11/2, 9:30am-2:30pm & 6-8pm  
Thursday 11/3, 9:30am-2:30pm

**FOR MORE INFORMATION REGARDING THE ELECTION, PLEASE CONTACT THE TOWN CLERKS OFFICE @ 508-822-3348**



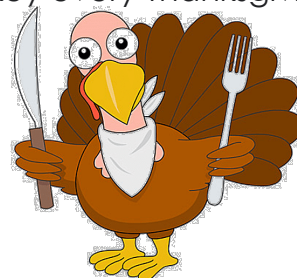
### Christmas Dinner at Berkley Middle School

Join us for a Christmas Dinner on December 10, 2022. The meal is free to all seniors. More information to come. A sign-up sheet will be in the COA Center.



### Did You Know?

Americans eat 704 million pounds of turkey every Thanksgiving?



# 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.**

November 2 <sup>nd</sup>		November 16 <sup>th</sup>	
Beef Lo Mein	764 calories	Spicy Vegetable Chili	213 calories
Oriental Blend	9 calories	Dirty Rice	137 calories
Oatmeal Roll	121 calories	WW Roll	160 calories
Pears	4 calories	Pears	4 calories
Calories: 688 Sodium: 1070mg Carbs: 82g		Calories: 623 Sodium: 686mg Carbs: 100g	
November 30 <sup>th</sup>		<div style="border: 1px solid black; padding: 5px;">                     All Meals Include:                      Milk (110 Calories, 125mg Sodium, 12g Carbs)                      Margarine (36 Calories, 47mg Sodium)                 </div> <div style="border: 1px solid black; padding: 5px; margin-top: 5px;">                     Menu is subject to change without notice.                      A donation of \$2.25 per meal is encouraged                      but not required                 </div>	
Beef & Broccoli	156 calories		
White/Brown Rice	36 calories		
WW Roll	160 calories		
Birthday Cake	209 calories		
Diet: LS Cake	210 calories		
Calories: 861 Sodium: 755mg Carbs: 69g			

### PLEASE NOTE

**NO GRAB N GO ON NOVEMBER 9<sup>TH</sup> & NOVEMBER 23<sup>RD</sup>**

## Medicare Open Enrollment Oct 15-Dec 7, 2022

Every year, Medicare Part D, Medigaps and Medicare Advantage (HMO, PPO) plans can change their premiums, co-pays, deductibles, formularies (list of drugs covered) and preferred pharmacies. It's important to review your options EVERY year to make sure you have the plan that works best for you for 2023.

We want to remind you that our SHINE Counselor, Lucille, is here to assist with your Medicare and Medicaid needs, especially during the **Annual Open Enrollment** from **October 15 through December 7th**. This is the time of the year to review and change your Medicare coverage for 2023. We will start taking appointments for Open Enrollment in October.

Are you turning 65?

Are you thinking about retiring?

Are you struggling to financially cover your medical expenses?

*For assistance with any Medicare issues, call the Berkley COA at 508-821-3105 to schedule your appointment with Lucille, the SHINE Counselor.*

# HAPPY HEARTS



**The Happy Hearts enjoying a meal at Daniel Webster Inn in Sandwich, then off to the Christmas Tree Shop in Sagamore!**

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

## HAPPY HEARTS SCHEDULE

THURSDAY'S @ 12:30-2:30

**November 3<sup>rd</sup>**

**November 10<sup>th</sup>**

**November 17<sup>th</sup>**

*REMINDER: Happy Hearts Turkey Dinner Fundraiser is on **Saturday, 11/5 at noon!***

## SAVE THE DATE

### PODIATRY CLINIC

Dr. Smith will be here in the winter!

For more information, please feel free to call the COA at (508) 821-3105

### COA CENTER CLOSED

November 4<sup>th</sup>  
 November 10<sup>th</sup>  
 November 11<sup>th</sup>  
 November 18<sup>th</sup>  
 November 23<sup>rd</sup>  
 November 24<sup>th</sup>  
 November 25<sup>th</sup>

### BROWN BAG

OCTOBER 26<sup>TH</sup>

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

(508) 821-3105

**PLEASE CONTACT THE BERKLEY COUNCIL ON AGING WITH ANY QUESTIONS AND CONCERNS**

**508-821-3105**

**MONDAY-THURSDAY 9:30-2:30**



# F•R•I•E•N•D•S of Berkley COA

**White Christmas at  
the Zeiterion Theater  
in New Bedford  
December 4, 2022  
2:00 PM Show  
Leaving from Berkley  
at 1030 AM**



**Cost is \$95.00 per person.  
Payment due by October  
28<sup>th</sup>.**

**Make checks payable to  
The Friends of Berkley  
COA.**

**This includes ride from  
COA Center to Perking  
Restaurant, lunch, ride to  
Zeiterion Theater, tickets  
for the White Christmas  
show, and ride back to  
the COA center.**

**This doesn't include bus  
driver tip, (suggested \$2  
or \$3)**

**For questions, payments,  
and or cancelations  
please contact Roberta  
Poli at 508 208 1634 or  
mail her at:  
14 Smith St,  
Taunton, MA 02780**



Saturday October  
15<sup>th</sup>, we held the  
Craft, Vendor, Art Fair.

We had 46 vendors,  
20 sponsor businesses,  
13 volunteers,  
A DJ, and many  
visitors.

We raffled 21 Gift  
Certificates, A 50/50  
raffle, and a \$50  
check among those  
who visited a vendor.

Many vendors  
indicated they did  
very well, and they  
are looking forward to  
next year.

We did had fun.

I personally thank  
everyone for their  
hard work, support,  
and dedication and I  
am personally looking  
forward to working  
with all of you again.

Sincerely  
The Friends of Berkley  
COA

If you like to be a member  
of The Friends of Berkley  
COA, Inc.

Please fill a membership  
application. You can  
find it at the COA  
Activity Center Room, or  
we can mail you one if  
you contact Elisabeth  
Monkowski at 508 822  
7597 or  
[elisabethv70@comcast.net](mailto:elisabethv70@comcast.net)

**The Friends of Berkley  
COA Inc 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,**

**We are people helping  
people.**

## 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 month we have a delightful photo of the Common area of Berkley.

The photo below is truly unique. A lovely couple riding bikes heading toward home on North Main Street. Notice that the street is not paved. On the left side of the photo you see a small cape house with a man sitting near the front door. This house is still there today. Behind the couple you can see a forked road. To the left is Locust St and to the right is North Main Street heading toward the Berkley Dighton Bridge. There is a white building barely discernible past the trees. This is the Old Town Hall that is now used for the Berkley Historical Society Museum. What is missing in the photo is the Berkley Public Library and the reason why is because it wasn't built until 1918. The couple are riding past the Common Cemetery that cannot be seen but is on the right side of the photo. The stone wall and the white rail board fence on the left are gone and today the Boondocks Restaurant is there. A truly bucolic scene of Berkley long ago in the early 1900s. And in case you are wondering....the couple on the bicycles are Laura and Lawrence Swift and they lived at 85 No. Main St.

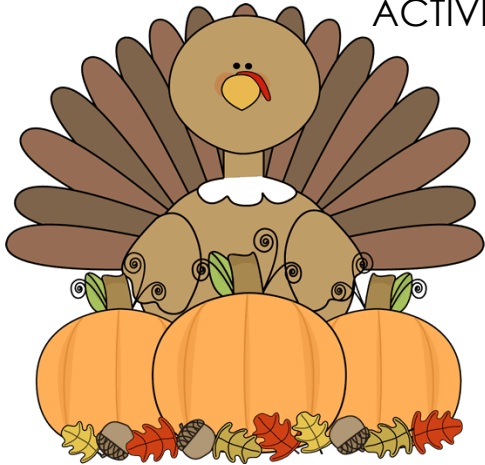
We invite you to visit the Berkley Historical Society Museum on Tuesdays between 10 am to 1 pm to see more items of Berkley history. The museum is located in the OLD Town Hall at 2 No. Main Street, Berkley, MA There is no admission fee.

The BHS is a non-profit organization with all volunteer staff. It is 501c3 certified and all monetary donations are tax deductible. Current and past residents will find lots of Berkley History to see. Come on by!



# NOVEMBER 2022

## ACTIVITIES & MEETING SCHEDULE



Aerobics – Daily at 8am on Channel 9

Tai Chi – Thursdays @ Town Hall

Bingo - 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

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

Monday	Tuesday	Wednesday	Thursday
	1 8:45 Yoga 10:15 Body in Motion 11:30 Quilting	2 10:15 Friends 10:30 Grab n Go 12:30 BINGO	3 10:30 Tai Chi 12:30 Happy Hearts
7 9:00 Italian 11:30 Aerobics 12:30 Coffee Talk 12:30 Mah Jong	8 8:45 Yoga 10:15 Body in Motion 11:30 Quilting	9 NO GRAB N GO  <b>KITTERY TRIP</b>	10 <b>CLOSED</b> IN OBSERVATION OF VETERAN'S DAY
14 9:00 Italian 11:30 Aerobics 12:30 Coffee Talk 12:30 Mah Jong	15 8:45 Yoga 10:15 Body in Motion 11:30 Quilting	16 10:15 Friends 10:30 Grab n Go 12:30 BINGO	17 10:30 Tai Chi 12:30 Happy Hearts
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28 9:00 Italian 11:30 Aerobics 12:30 Coffee Talk 12:30 Mah Jong	29 8:45 Yoga 10:15 Body in Motion 11:30 Quilting	30 10:30 Grab n Go 12:30 BINGO	

***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



*Thank You*  
**VETERANS**

**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

**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 – 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*