



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

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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.

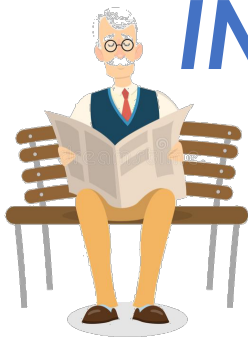
IMPORTANT ANNOUNCEMENTS

The State Election will be held on Tuesday November 8, 2022 from 7am to 8pm at the Berkley Community School. The last day to register to vote for this election is October 29, 2022 by 5pm.

In Person Early voting will be held at the town hall.
PLEASE VISIT PAGE 2 FOR EARLY VOTING DATES & TIMES.
FOR MORE INFORMATION REGARDING THE ELECTION, PLEASE CONTACT THE TOWN CLERKS OFFICE

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

Join Us for Painting!

Sign up for painting on Wednesday, October 12th at 1:00pm in the COA center or call 508-821-3105

Berkley Public Library

Our Annual Spooky Pumpkin Walk and Decorating Contest will be on **Friday October 28th from 6:30-8:30.**

You can carve or decorate a pumpkin and drop it off to the library on Thursday (27th) and Friday morning during regular library hours or just come for the walk and to vote for your favorites! This is a fun event for all ages. The Friends of the Berkley Library will be set up with a book sale table at the COA's craft fair on October 15th Books will be available for children through Adults.

For October, the No Stress Book Club is reading My Brilliant Friend by Elena Ferrante. The meeting will be Thursday October 6th at 6:00 p.m.

berpl@sailsinc.org • 508-822-3329 • www.berkeleylibrary.org

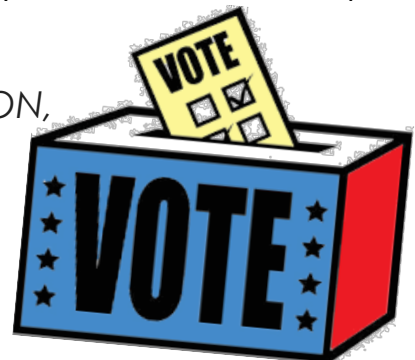
The State Election will be held on Tuesday November 8, 2022 from 7am to 8pm at the Berkley Community School. The last day to register to vote for this election is October 29, 2022 by 5pm.

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

Saturday 10/22, 8am-2pm
Monday 10/24, 10am-1pm
Tuesday 10/25, 10am-1pm
Wed. 10/26, 10am-1pm & 6-7pm
Thursday 10/27, 10am-1pm

Saturday 10/29, 8am-2pm
Monday 10/31, 9:30am-2:30pm
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



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.

October 5 th		October 12 th	
Portuguese Chicken	167 calories	Fiesta Omelet	382 calories
Roasted Potatoes	33 calories	Potato Wedges	27 calories
Garlic Green Beans	3 calories	Chickpea Blend	52 calories
Dinner Roll	210 calories	Vegetables	
Apple Sauce	14 calories	White Bread	120 calories
		Pineapple	1 calories
Calories: 580 Sodium: 599mg Carbs: 78g		Calories: 572 Sodium: 754mg Carbs: 75g	
October 19 th		October 26 th	
Cheese Lasagna	359 calories	Roast Pork	71 calories
Tomato Basil Sauce	55 calories	Rosemary Gravy	124 calories
Italian Vegetable Blend	26 calories	Garlic Mashed Potatoes	8 calories
Snowflake Roll	260 calories	Genoa Blend	40 calories
Banana	1 calories	WW Bread	14 calories
Calories: 572 Sodium: 872mg Carbs: 84g		Calories: 708 Sodium: 589mg Carbs: 79g	

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

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.

Also,

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

Turkey Dinner Fundraiser



Happy Hearts will be holding a fundraiser on **Saturday, November 5th** at **12:00 noon!**

Join us at the Berkley American Legion for a Turkey Dinner and 50/50 Raffles!

Enjoy your Turkey Dinner dining in or as take out.

COST IS \$15 PER MEAL

Please see any Happy Hearts member or call Loretta @ 508-496-1187 for tickets!

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

October 6th

October 13th

October 20th

October 27th

SAVE THE DATE

PODIATRY CLINIC

Dr. Smith will be here **Friday, October 21st**

To schedule an appointment, please sign up in the COA or call (508) 821-3105

COA CENTER CLOSED

October 7th

October 10th

October 14th

October 21st
(PODIATRY ONLY)

October 28th

BROWN BAG

OCTOBER 26TH

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**

FRIENDS of Berkley COA

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 Raine 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

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 28th. 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:

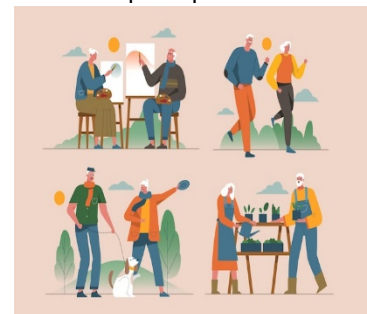
14 Smith St,
Taunton, MA 02780



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

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

We have a new supply of Westerwald handmade pottery items designed with Berkley 1735 on each piece. These items are a big hit for gift giving. Included in the collection are mugs, condiment jars, pitchers, round salt cellars, vases. They are now available for purchase.

Also available are 100% woven cotton Blanket Throws with pictures of Berkley's points of interest. And we have 26"x36" map of Berkley of 1895 with interesting details not found on current day maps. Great conversation piece for all households.

The Berkley Historical Society is a non-profit with a 501c3 designation. All donations and purchases from our gift store are very much appreciated. The Berkley Historical Society Museum is open Tuesday from 10 am -1 pm and is located at 2 No. Main Street, Berkley, MA.

We are right across from the Safety Building. Admission is FREE! We are here for all Berkley residents, young and not so young, longtime residents or new to town.

Come to the BHS Museum to see what Berkley is all about.
We look forward to seeing you soon!



OCTOBER 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
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
10	11	12	13
COA CENTER CLOSED IN OBSERVATION OF LABOR DAY	8:45 Yoga 10:15 Body in Motion 11:30 Quilting	10:00 Body Sculpting 10:30 Grab n Go 1:00 Painting	9:00 COA Meeting 10:30 Tai Chi 12:30 Happy Hearts
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 12:30 BINGO	10:30 Tai Chi 12:30 Happy Hearts
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 Body Sculpting 10:00 BP Clinic 10:00 Brown Bag 10:30 Grab n Go	10:30 Tai Chi 12:30 Happy Hearts
HALLOWEEN 31			
9:00 Italian 11:30 Aerobics 12:30 Coffee Talk 12:30 Mah Jong		<i>Podiatry Appointments Friday, October 21st @ 9-11am</i>	

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

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