



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

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SEPTEMBER

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

SAYING GOOD BYE IS NEVER EASY!

On behalf of the Board of Selectmen, the Council on Aging Committee, and the Town Administrator, we would like to say good bye, and good luck to Chloe DeFaria who is leaving employment with the Town next month. We thank her for all her hard work and dedication to the town, COA and our Seniors, and the great job she did every month on The Berkley Beacon, our COA newsletter. It is only fitting that we include this special thank you in this September edition of the newsletter, and say THANK YOU CHLOE, WE WISH YOU THE VERY BEST WITH ALL YOUR FUTURE ENDEAVORS.

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.



Hip Hop Dance Chair Zumba

September 14 at 10:00 AM

2

All Aboard the Hip Hop Soul Train Express!
This is an hour-long chair, dance, warm-up and hip hop class that begins and ends in chairs.

Please contact the COA for more information
@ 508-821-3105

"This program is supported in part by a grant from the Berkley Cultural Council which is supported by the Mass Cultural Council."

Berkley Public Library

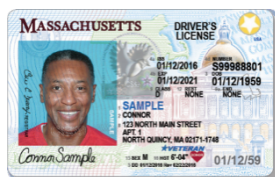
After taking a break over the summer, the library is bringing back one of our popular monthly events! Virtual Trivia Night will be returning September 17th at 8 p.m. Form a team or play solo. This is a great activity for a night in with friends or family. Register through our website or give us a call to get the invitation and link on where and how to play. Super easy and always lots of laughs. This event is presented by the Berkley Library along with the Friends of the Berkley Library.

Along with Virtual Trivia we also offer other groups that meet monthly with no pressure or commitment. These include the Knot Just Knitting Group and our No Stress Book Club. You can find more details on these programs on our website or come visit us to find out more about what is going on.

For September, the No Stress Book Club will be reading Eleanor Oliphant is Completely Fine by Gail Honeyman. The meeting will be Thursday September 1st at 6:00 p.m.
berpl@sailsinc.org • 508-822-3329 • www.berkeleylibrary.org

Will Your I.D. Fly?

Look for the star. Beginning **May 3, 2023**, you will need a REAL ID or other acceptable ID such as a valid passport to fly within the U.S.



Labor Day – September 5th

Did you know it all started with a parade?

It's widely believed that on September 5, 1882, union leaders marched in what is thought of as the very first Labor Day parade. Over 20,000 disgruntled New York City workers from a wide variety of industries, such as clothing makers and railroad workers (including children), had enough of their unsafe working conditions after being forced to work over 12 hours a day in spaces that were making them sick.

While the very first Labor Day in 1882 took place on a Tuesday, it switched to a Monday once it was adopted by the states.



TODAY.COM

Ceramics with Pagano Creations

Join us on **Thursday, September 15th** from 1:00pm – 3:00pm in the Center for Ceramics! To reserve a spot, a sign-up sheet is available in the Center or please call the COA at 508-821-3105

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

Grandparent's Day

Mark your calendars for Grandparent's Day.
September 11, 2022

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.

September 7 th		September 14 th	
Cod	329 calories	Chicken Fajita	275 calories
Herb Sauce	26 calories	Peppers and Onions	3 calories
Orzo	187 calories	Refried Beans	327 calories
Rivera Vegetable Blend	0 calories	Tortilla	236 calories
Wheat Bread	115 calories	Scali Bread	310 calories
Iced Brownie	150 calories	Peaches	0 calories
Calories: 830 Sodium: 990mg Carbs: 113g		Calories: 556 Sodium: 1013mg Carbs: 66g	
September 21 st		September 28 th	
Portuguese Chicken	380 calories	Spanish Shrimp Stew	569 calories
Tomato Rice	112 calories	Yellow Rice	22 calories
Mixed Vegetables	41 calories	Italian Vegetable Blend	28 calories
Whole Wheat Bread	160 calories	Oatmeal Bread	121 calories
Mixed Fruit	47 calories	Peaches	2 calories
Calories: 572 Sodium: 854mg Carbs: 76g		Calories: 581 Sodium: 912mg Carbs: 77g	

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

Join the Walk Massachusetts Challenge

Earn money for the Berkley COA and possibly win a gift card!

The Walk Massachusetts Challenge is back. Your participation helps our Council on Aging win money for fitness programs and gives you a chance to win one of several prizes! The challenge runs until October 31, 2022. During this time, you will have chances to be entered into a drawing to win a \$50 Visa, \$25 Amazon, or \$10 Dunkin' gift card. The more you walk, the more chances you have to win. Reach each milestone and receive a total of five entries. By completing the challenge, our Council on Aging gets a raffle entry to win up to \$1000 for fitness programming.

Here's how it works:

- Go to www.walkmachallenge.com and register.
- Choose a challenge based your current walking abilities, or challenge yourself to reach a higher goal. Walk inside, outside, at home, on a treadmill, with family, with your dog—the possibilities are endless!
- Track and enter your walking on www.walkmachallenge.com until October 31st
- Complete milestones and get entries to win. The more you walk, the more entries you get!



HAPPY HEARTS



Happy Hearts enjoy an outing at Dighton Rock State Park!

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

Sept 1st

Sept 15th

Sept 22nd

Sept 29th

SAVE THE DATE

PODIATRY CLINIC

Dr. Smith will be back in the Fall!
 Please call the COA for more information!

(508) 821-3105

COA CENTER CLOSED

September 2nd
 September 5th
 September 9th
 September 16th
 September 23rd
 September 30th

BROWN BAG

SEPTEMBER 28TH

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

LABOR DAY

Sponsor by Friends and COA

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



Please remember The Friends of Berkley COA are holding our annual meeting on September 21, 2022 at the 10:15 AM at the COA Center Activity Room

ZEITERION THEATRE

Unfortunately, the Christmas Carol event at the Zeiterion Theater for December 10, 2022 is canceled.

But We have plans for December 4, 2022 to see White Christmas Musical at the Zeiterion Theater

Cost is \$95.00 per person. This includes ride from COA Center to Perking Restaurant, lunch, ride to Zeiterion Theater, tickets for the White Christmas Musical, and ride back to the COA center.

A sign on sheet is available at the COA center.

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*



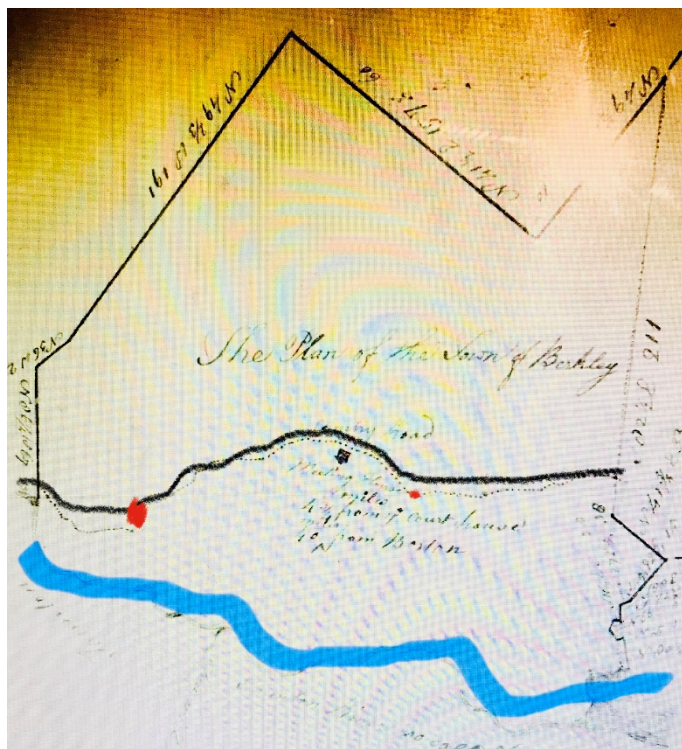
FRIENDS OF BERKLEY COA MEMBERSHIP DONATIONS

Membership applications can be found at the COA, just ask for one!
MEMBERSHIP COSTS: Individual \$10 • Senior \$5 • Family \$25 • Donations – any amount

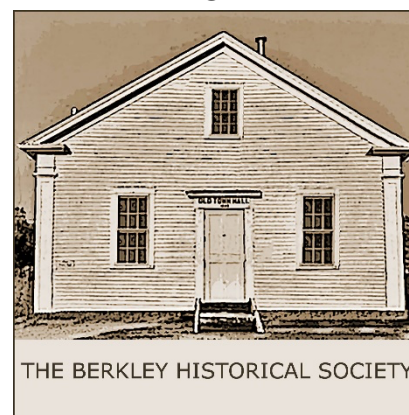
MOMENTS FROM THE MUSEUM

Interesting facts about Berkley....

- Berkley separated from Dighton and incorporated as a town in 1735
- In order to incorporate, Berkley had to have a meeting house to be used as a Town Hall, School and Church. It was located at the corner of what we today know as Sanford Street and So Main Street. There were also stocks and an animal pound at the same location. (The black dot on the map is the meeting house.)
- There were only 2 roads in 1735: Country Road now known as Berkley St and North Main St (see map)
- The population of Berkley in 1790 was 890 persons
- The Berkley Common was used as a military training location for soldiers who fought in the Revolutionary War, War of 1812, Civil War, Spanish-American War,
- Both Assonet Neck and Myricks were not part of the original configuration of Berkley. Assonet Neck was added in 1799 and Myricks was added in 1879.
- On the map below, the blue line is the Taunton River. The black dot is the Meeting House location. And the first red dot indicates where County Road (Berkley St) stopped and North Main Street began. The second red dot is where the road turned left toward Fall River. Stage coaches traveling from Boston to Providence would take this route.



Come by the Berkley Historical Society Museum on Tuesdays to visit Berkley's past. You will be amazed at the collection inside. Open Tuesdays from 10-1. Free admission! We look forward to meeting you!



SEPTEMBER 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
			1 9:00 COA Meeting 10:30 Tai Chi 12:30 Happy Hearts
5 COA CENTER CLOSED LABOR DAY 11:30 Friends Lunch	6 8:45 Yoga 10:30 Body in Motion 11:30 Quilting	7 10:15 Friends 10:30 Grab n Go 12:30 BINGO	8 NO TAI CHI NO HAPPY HEARTS
12 9:00 Italian 11:30 Aerobics 12:30 Coffee Talk 12:30 Mah Jong	13 8:45 Yoga 10:30 Body in Motion 11:30 Quilting	14 10:30 Grab n Go 10:00 Hip Hop Dance Chair Zumba	15 10:30 Tai Chi 12:30 Happy Hearts 1:00 Ceramics
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26 9:00 Italian 11:30 Aerobics 12:30 Coffee Talk 12:30 Mah Jong	27 8:45 Yoga 10:30 Body in Motion 11:30 Quilting	28 10:00 Body Sculpting 10:00 BP Clinic 10:00 Brown Bag	29 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**



*PLEASE EXCUSE OUR
APPEARANCE FOR THE TIME
BEING AS WE ARE NOT IN
COLOR!*

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