



THE BERKLEY BEACON

Town of Berkley
Council on Aging
1 North Main Street
Berkley, MA 02779

Our Offerings

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

Individual Highlights

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February



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.

Friends Lunches

Wednesday, February 14th ♥

11:30 a.m. – 1:30 p.m.

Grilled Cheese, Soup, Dessert, and a Drink.

\$5.00 Per Lunch

Wednesday, March 13th ♣

11:30 a.m. – 1:30 p.m.

Hot Dogs, Baked Beans, Coleslaw, Dessert and a Drink.

\$5.00 Per Lunch

Come enjoy lunch with us or pick up your meal to go. After lunch, stay for some cards or other games in the center.

Call to sign up (508) 821-3105

Outreach Services – Fuel Assistance

Citizens for Citizens fuel assistance applications are available at the senior center. This program aids low-income eligible individuals and families to help defray the cost of winter heating.

If you would like help with the application or for more information please call our Outreach Coordinator, Karen at

(508) 821-3105 to request an appointment.

Lunch and Learn!

Please Join Bristol Elder Services' Nutritionist
Dawn DiMarco MS, RD, LDN

She will be discussing shopping on a budget! Learn how to shop smart and save money during inflation!

Wednesday April 10th, 2024 @ 12:00PM

Lunch will be provided:

Ham and cheese stuffed chicken, roasted potatoes, green beans, dinner rolls, cookies, and lemonade.

Sign up required!

To register please contact the COA at (508)-821-3105



Ceramics

with Pagano Creations

Wednesday, March 27th at 12:00 p.m.

In the Berkley Senior Center

\$10 Berkley Residents, \$20 Nonresidents

Find the project details in the March Newsletter or contact the senior center.

Sign up Required

Spring Card Making Workshop

Did you miss our last card making class?

Now is your chance to get in on the fun.

Thursday, April 4th at 9:00 a.m.

Join Lestyn Gilmore as she teaches the beautiful artistry of card making.

\$5 Berkley Residents, \$10 Nonresidents

Reserve your spot by calling (508) 821-3105.

*Participants must supply scissors & a glue stick.

PAINT DAY *with Amy* **"SNOWY DAY VISITOR"**

Snow brings a peacefulness to our New England landscape, often bringing visitors in the form of colorful feathered friends...

Lets paint together step-by-step!

Beginners welcome! No experience needed.
Give it a try & you will be amazed what you can do!



Thursday, February 8th at 12 noon
at the Berkley Senior Center




\$10 for Berkley Residents
(\$20 for Out-Of-Town Guests)
includes all supplies & instruction

RESERVE YOUR SPOT TODAY!

Bristol Elder Services Seminar

Wednesday, February 21st at 10:00 a.m.

The seminar will take place in the Berkley Senior Center and provide an overview of Bristol Elders Intake, Home Care, and Options Counseling programs.

-  Intake provides information on our programs and community resources. They also make referrals for prospective consumers who are eligible for services.
-  Home Care provides comprehensive case management to their active consumers who are benefitting from their home health aide and/or homemaker services. When enrolled in home care, eligible elders may receive in-home assistance for personal care and/or household tasks.
-  Options Counseling provides case management to elders who require assistance receiving resources and unbiased information on a wide range of subjects, such as housing and long-term support and services. Options Counseling enables an elder to make informed decisions.

Please register for this seminar by calling (508) 821-3105



The February Menu is available in the Council on Aging.

February at the Berkley Public Library

This February we are bringing back the popular "Blind Date with a Book"! We've wrapped up some fan favorites in various genres along with a special Valentine's Day treat. You get to blindly choose a mystery book, read it and then let us know if it was a match!

*For February, the No Stress Book Club will be discussing *Shutter Island* by Dennis Lehane. The meeting will be Thursday February 1st at 6:00 p.m. The No Stress Book Club meets on the first Thursday of every month. The current book being read can be found on our website under the adult news page. Haven't read the book? That's ok, you can still come by to socialize and listen in on the discussion.*

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

Grab & Go Lunch Program

What is the Grab & Go Lunch Program?

Bristol Elder Services provides lunches that are available for pickup in the Berkley Senior Center every Wednesday between 10:30 – 11:30 a.m.

Who is eligible?

Any senior Berkley resident. There are no income restrictions.

What is the fee?

There is not a fee. A suggested voluntary donation of \$2.25 per meal is helpful but never required.

Do I have to commit to every week?

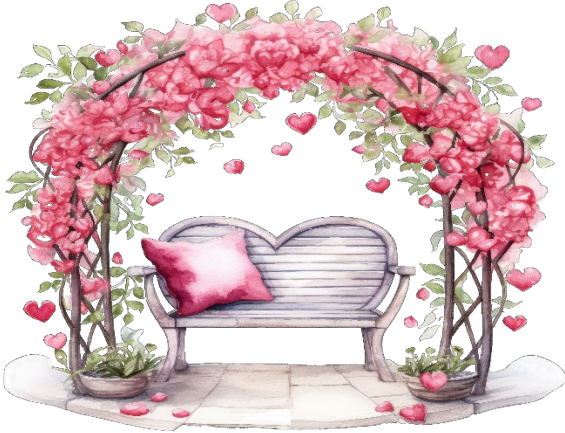
No, you choose the weeks you would like meals.

How do I sign up?

It is really easy! Contact the COA and complete the one-page form that is required. We look forward to assisting you, join today!

February

ACTIVITIES & MEETING SCHEDULE



IMPORTANT REMINDERS

AEROBICS – Daily at 8am on Channel 9

TAI CHI – Please SEE Cancellations

BINGO – Held every other Wednesday.

BROWN BAG – 4th Wednesday of the month.

HAPPY HEARTS – Resumes in March

FRIENDS OF COA – 1st Wednesday of the month @ 10:15

COA Meeting – 2nd Thursday of the Month @ 9:30 a.m.

| Monday | Tuesday | Wednesday | Thursday |
|--|--|--|---|
| | | | 1 |
| Activities in BOLD require prior sign-up to attend. If you sign up, please show up! | Announcement When the COA is open, stop by! We are here for seniors Mon – Thurs. Read a book, take a class, do a puzzle, or just come stay warm! | | 10:30 Tai Chi |
| 5 | 6 | 7 | 8 |
| 11:30 Aerobics 12:30 Coffee Talk 12:30 Mah Jong 1:30 Chair Yoga | 8:45 Yoga 10:15 Body in Motion 10:30 Tai Chi 11:30 Quilting | 10:15 Friends of the COA Meeting 10:30 Grab n Go 12:30 BINGO | 9:30 COA Meeting 10:30 Tai Chi 12:00 Painting with Amy |
| 12 | 13 | 14 | 15 |
| 11:30 Aerobics 12:30 Coffee Talk 12:30 Mah Jong 1:30 Chair Yoga | 8:45 Yoga 10:15 Body in Motion 10:30 Tai Chi CANCELED 11:30 Quilting | 10:30 Grab n Go 11:30 Friends Valentines Lunch and stay for games in the COA | 10:30 Tai Chi CANCELED |
| 19 | 20 | 21 | 22 |
| Closed for the Holiday | Yoga Canceled Body in Motion Canceled 10:30 Tai Chi CANCELED 11:30 Quilting Manicures by appointment | 10:00 Bristol Elder Services Seminar 10:30 Grab n Go 12:30 BINGO | 10:30 Tai Chi CANCELED |
| 26 | 27 | 28 | 29 |
| 11:30 Aerobics 12:30 Coffee Talk 12:30 Mah Jong 1:30 Chair Yoga | 8:45 Yoga 10:15 Body in Motion 10:30 Tai Chi – Tentative 11:30 Quilting | 10:00 Brown Bag 10:00 Blood Pressure Clinic 10:30 Grab n Go | 10:30 Tai Chi - Tentative |

Happy Hearts Senior Club

HAPPY HEARTS SENIOR CLUB

Happy Hearts is a senior group that was created in 1972! The objective is to promote socialization and friendship among seniors.

We meet every Thursday at 12:30 in the Berkley COA center at 1 North Main Street.

We meet March through December, with January and February off.

The yearly dues are \$25, which goes toward many social events that we partake in. If you are 85 years or older, membership is free!

If you are 55 or older, from Berkley or any surrounding town, you are welcome to join. We have over 60 members and are always looking for more seniors to join! We have a lot of fun and I can guarantee you that you will not be disappointed! So stop in any Thursday and see if this is for you.

Manicures with

Kerrie Ann

Just in time for Valentines Day!

Tuesday,
February 20th

10:00 – 1:00

\$12 plus tip

Call the center today to schedule your appointment.

IMPORTANT ANNOUNCEMENT REGARDING SPECIAL EVENTS

Please be advised, when you sign up for an event, you are committing to attend. Our instructors purchase supplies based on our sign up lists. We have experienced an increase in no shows, which puts our ability to host arts and crafts in jeopardy. If you sign up, please show up.

FRIENDS OF BERKLEY COA

SAVE THE DATES

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For questions related to trips, please contact Roberta Poli at (508) 208-1634 robertabeth@verizon.net



February 14th Lunch
11:30 AM to 1:30 PM
Sign up in the COA activity room.

This month we are having soup, served with a grilled cheese sandwich, dessert, and a drink for \$ 5.00 per person.

March 13th Lunch
Sign up in the COA activity room. This month's lunch is hot dogs, baked beans, coleslaw, dessert, and a drink for \$5.00 per person.

April 24, 2024
Beach Boys Tribute
Lake Pearl.
\$127.00 perp person.
Sign up at the COA center.



The food selection is stuffed chicken or vegetable lasagna.
Please write check to "Friends of Berkley COA"
Please indicate Beach Boys on the check memo.



June 12, 2024, Sandwich MA
Heritage Museum and Garden



Lunch at the Daniel Webster Inn for a lunch buffet.
Sign up in the COA activity room. The cost is \$115.00 per person. Includes transportation, lunch, and gratuity.

August 14, 2024,
Beauport Cruise & Lobster Lunch in Gloucester MA



We need a minimum of 46 people to sign on.

September 17 – 20, 2024



4 days in Lake George including 3 nights lodging at the Surfside on the Lake, 3 breakfast buffets, baggage handling, NY State Museum, 2 nights dinner, dinner theater, tours of Lake George and Saratoga, admission to the Racing Museum, and a boat ride with a luncheon. A \$100.00 deposit is required upon signup. Additional payment of \$200.00 due by May 1st and final payment is due by August 1, 2024. Total Cost is \$860.00 double occupancy or \$1040.00 single occupancy.



Friend's meetings:

February 7
March 6
April 3 and 17
May 1 and 15
June 5 and 19

Additional activities:
4th of July free hot dog lunch
September 7 Craft Fair

MOMENTS FROM THE MUSEUM

The BHS Museum has a modest library of books, documents and photos. Among the collection is a binder with stories of Berkley and her residents. The compilation of stories is called Legends and Places About Berkley. One of the most asked about 'legends' is Rock House Hill. This hill is located where So Main Street bears left and Elm Street starts. Here is a copy of that story as related by long ago Berkley resident, Inez B. French:

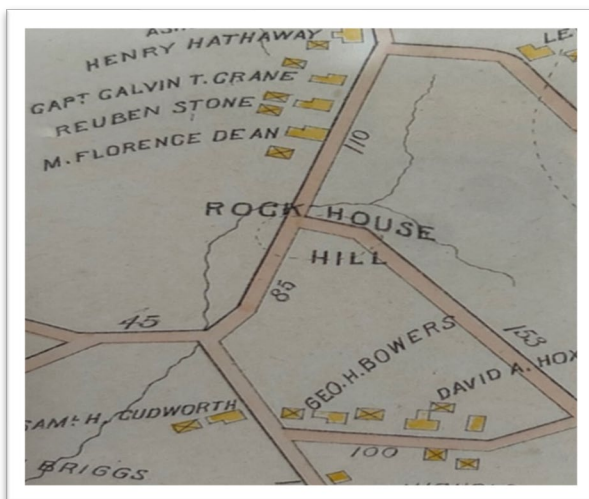
"There is a mystery about this historic hill. The mystery concerns both what it is and what it isn't. There is no house on Rock House Hill and there never was. Then why the name? If you investigate for yourself, just ask any schoolboy who happens along the road between the Common and the Bridge. He will tell you and perhaps lead you to the very place. In the beginning there was the extraordinary rock. A Far-reaching mass of granite which forms the hill and crops out of the ground near the corner just where the former old stage road turns south toward Assonet Village. A hill, no doubt, since the Creation!

Here a Berkleyite once built his house. In the early days a man named Axtell, knowing of 'the house built on sand' (Matthew 7:26,27) chose this extraordinary rock and wisely upon which to build his house. And though he chose the rock he did not build a rock house; otherwise, it would probably yet stand at the corner. It is nowadays as it was in the beginning. There is still the rock with only the encroaching forest with blackberry vines and the trailing ivy. The enduring rock! Simple reason for the name and mystery--Rock House Hill! "

A further story about Rock House Hill is that there is a naturally occurring cavity in the hill and it made a perfect cellar over which to build a house. The photo below is from the 1895 map of Berkley.

If you like reading the Monday Moments from the Museum, then you will LOVE visiting the Museum! There is no admission (but donations are welcome!) Stop by soon!

Submitted by Eden Jones.



Visit the BHS Museum
Tuesday, 10:00 – 1:00
2 North Main Street,
Berkley.
Located on the Common
across from the Safety
Building.

COUNCIL ON AGING
TOWN OF BERKLEY
1 NORTH MAIN STREET
BERKLEY, MA 02779

DO NOT FORWARD

PRESORTED STANDARD

U.S. POSTAGE PAID

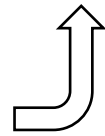
TAUNTON, MA

PERMIT # 73



CURRENT RESIDENT OR

**NOT YOU?
PLEASE CALL
508-821-3105**



STAFF

Krista Celia, Administrative Assistant
Karen Fisher, Outreach Coordinator

Coassistant@berkleyma.us
Kfisher@Berkleyma.us

BOARD MEMBERS

Margaret Clark-Moroff, Chair Carol Buote Cathy Charette Arlene Medeiros Kathleen Strozyk

SOCIAL MEDIA

Facebook: Berkley Council on Aging

Instagram: berkleycouncilonaging

Website: TownOfBerkleyMA.com/council-aging

COUNCIL ON AGING HOURS OF OPERATION

Monday – Thursday: 9 a.m. to 2:30 p.m.

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>

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