



# THE BERKLEY BEACON

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

## Our Offerings

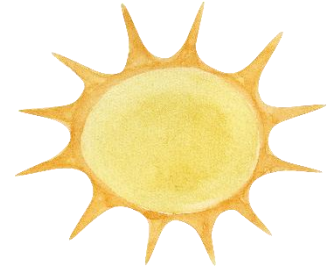
- Aerobics
- Italian lessons
- Tai Chi
- Quilting & Knitting
- BINGO
- Yoga
- Mah Jong
- Cards/Board Games
- Body in Motion
- Painting & Crafts
- Ceramics
- Coffee Talk Café
- Chair Yoga
- Presentations

## Individual Highlights

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- 1 - Announcements
- 2 - Tech Talk, Aug. 22nd
- 2 - Concert, Aug 17th
- 2 - Painting, Aug 24th
- 3 - Grab N Go
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- 5 - Library
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# August



## 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.

## September Senior Luncheon

The Council on Aging invites you to lunch at:

# WARD 5

29 Winter Street, Taunton

**Thursday, September 28, 2023**  
**Lunch will be served at 12:00 p.m.**  
**Doors open at 11:00 a.m.**

Lunch includes: Salad, Baked Fish, Roasted Chicken, Sides, Dessert, and Coffee.

This event is Free for Berkley Seniors and \$20 for Nonresidents. Signup is required and payment is due by September 14<sup>th</sup>. Please make checks payable to the Berkley Council on Aging. Call (508) 821-3105 to sign up or sign up in the center.

## Friends of the Council on Aging Sandwich and Salad Lunch

**August 16<sup>th</sup> at 11:30 a.m.**

Join the Friends of the COA for lunch at the Senior Center.  
\$5.00

Call (508) 821-3105 to sign up or sign up in the center.



Berkley Council on Aging presents a **FREE** educational workshop:

## **“Tech Talk With Kevin: Top Ten Apps”**

Tuesday, August 22, 2023

2:30 – 4:00 PM

Berkley Senior Center

1 North Main St, Berkley MA

Join us for a fun and practical demonstration of some useful technology applications to make you more informed, productive, and organized. No prior knowledge or tech experience is required. Bring your own smartphone, tablet, or laptop computer if you would like to try out some of these apps during the workshop.

**Workshop Presenter:** **Kevin J. Garganta** is a retired college professor, non-profit fundraiser and administrator, and co-owner of a training and consulting business where he has spoken all over the U.S. on a variety of topics. Kevin proudly states, “I’m NOT a tech expert at all...I’m just you with a little more experience.” He enjoys helping others navigate this strange new world in which our own children and grandchildren have so comfortably grown up.



This is a **FREE** workshop and pre-registration is recommended. Sign up at the Berkley COA or contact Krista at [COAassistant@BerkleyMA.us](mailto:COAassistant@BerkleyMA.us) or call 508-821-3105 to register or for further information.



**FREE SUMMER CONCERT  
ON THE BERKLEY COMMON**

**Thursday, August 17**

**6:00 to 8:00 PM**

**Donnelly & Carmichael**

presented by

The Berkley Cultural Council and our

sponsors **BayCoast BANK** **MALLOCH CONSTRUCTION**

## **ARTS & CRAFTS** with Amy

### Make-Your-Own **MINI WOODEN HOUSES** *Workshop*

Paint & Personalize these little wooden houses.  
Use as a decoration or give as a gift!



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

**Thursday, August 24th from 3:00-5:00 p.m.**  
at the Berkley Senior Center  
**RESERVE YOUR SPOT TODAY!**

# Grab n Go Lunches

**GRAB  
& GO**



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.

**Please ask at the office to complete the necessary one-time forms.**

**R.S.V.P. required prior to weekly pickup by calling the COA at (508) 821-3105 by 10am on the Tuesday before pickup.**

More information provided upon request.

## August 2

Salsbury Steak	386 Calories
Onion Gravy	110 Calories
Mashed Potatoes	52 Calories
Broccoli	12 Calories
Multigrain Bread	190 Calories
Pears	4 Calories

## August 9

Beef & Broccoli	108 Calories
Asian Rice	78 Calories
Whole Wheat Roll	160 Calories
Apple Sauce	20 Calories

## August 16

Shepard's Pie	271 Calories
Carrot Coins	77 Calories
WW Roll	160 Calories
Apple Sauce	20 Calories

## August 23

Meatball Sub	244 Calories
Cavatappi Pasta	n/a Calories
Italian Blend Veg.	26 Calories
Sub Roll	162 Calories
Peaches	5 Calories

## August 30

Chicken Stew	273 Calories
Vegetable	41 Calories
Rice Pilaf	134 Calories
Oatmeal Roll	121 Calories
Applesauce	20 Calories

### Freetown Regional Food Pantry

Did you know the Freetown Regional Food Pantry provides free food to surrounding small communities including Berkley. Proof of residency is required by providing a valid utility bill, prescription, or other acceptable third-party validation. Participants are allowed to bring three large reusable grocery bags or one approved cart. Participation is limited to one person per household and one trip through the facility per visit. There is no proof of income required!

The Berkley Council on Aging can provide more information.

Please call with any questions.

Every Tuesday from 3:30 p.m. - 5:30 p.m.  
Located at the Old Freetown Police Station

### Open Shelves Food Pantry

**Need a boost? Open Shelves Food Pantry provides non-perishable food items to families in Berkley on an as needed basis.**

**If you could use some temporary assistance please call**

**(508) 823-3273**

**or email at**

**Openshelvesfoodpantry@yahoo.com**

# August

## ACTIVITIES & MEETING SCHEDULE



### IMPORTANT REMINDERS

**AEROBICS** – Daily at 8am on Channel 9

**TAI CHI** – Tuesdays and Thursdays @ 3 Grove Street, Berkley

**BINGO** – Held every other Wednesday.

**BLOOD PRESSURE CLINIC & BROWN BAG** – 4<sup>th</sup> Wednesday of the month

**HAPPY HEARTS** – Thursday's @ 12:30 – 2:30pm

**FRIENDS OF COA** – 1<sup>st</sup> & 3<sup>rd</sup> Wednesday of the month  
**COA Meeting** – 1<sup>st</sup> Thursday of the Month

Monday	Tuesday	Wednesday	Thursday
	1 8:45 Yoga 10:15 Body in Motion 10:30 Tai Chi 11:30 Quilting	2 10:15 Friends of COA Meeting 10:30 Grab n Go	3 9:30 COA Meeting 10:30 Tai Chi
7	8	9	10
9:00 Italian Lessons 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	10:30 Grab n Go 12:30 BINGO	10:30 Tai Chi 12:30 Happy Hearts
14	15	16	17
9:00 Italian Lessons 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 COA 10:30 Grab n Go <b>11:30 Friends Lunch</b>	10:30 Tai Chi 12:30 Happy Hearts <b>11:30 Lobsterfest Whites of Westport</b>
21	22	23	24
9:00 Italian Lessons 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 <b>2:30 Tech Talk – App Favorites</b>	10:00 Brown Bag 10:00 Blood Pressure Clinic 10:30 Grab n Go 12:30 BINGO	10:30 Tai Chi <b>3:00 Painting Mini Houses</b>
28	29	30	31
9:00 Italian Lessons 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	10:30 Grab n Go <b>11:00 Summer Ceramics</b>	10:30 Tai Chi 12:30 Happy Hearts

**\*Activities in Green require prior sign up.**

# SUMMER CERAMICS

August 30<sup>th</sup> at 11:00 a.m.

Don't miss out on all the fun! Come join Pagano Creations and paint a garden figurine.

\$10 Berkley Residents \$20 Nonresidents  
*\*Instructor will bring additional figurine choices.*



# Shhh!... We are thinking about Christmas!

Ceramic Fired 12" Tree with Lights.  
Tuesday, November 14<sup>th</sup> at 12:00 p.m.  
\$75

Join Pagano Creations and paint your own lighted Christmas tree. Signups start now in the Senior Center and payment is due by Sept 28<sup>th</sup>. Please make checks out to the Berkley Council on Aging. Payment can be left in the black mailbox on the COA wall or tuned into the COA office. Please note the fee is nonrefundable.



## Happy Hearts

The Happy Hearts enjoyed a Fall Prevention Presentation by EMT and Firefighter Liza Amaral from the Berkley Fire Department.



## August at the Berkley Public Library

### Come beat the heat at the library!

Come to the library and read The Boston Globe or the Taunton Gazette. Or use our public PCs.

Come get the free monthly BookPage magazine which has book reviews, book recommendations and author interviews. The library also has many email newsletters on topics like Biography and Memoir, Fantasy and Science Fiction, Historical Fiction, Mystery, Page to Screen, Romance, Thrillers and Suspense, and more. Call us and we can sign you up for any of them. Or look for the link at the bottom of our Adult News page on our website.

For August, the No Stress Book Club is reading Still Life With Bread Crumbs by Anna Quindlen. The meeting will be Thursday August 3 at 6 pm.

berpl@sailsinc.org (508) 822-3320  
[www.berkeleylibrary.org](http://www.berkeleylibrary.org)

# 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](mailto:robertabeth@verizon.net)

### Additional activities:

August 16 - sandwiches & salad lunch in the COA activity center from 11:30 a.m. to 1:00 p.m. \$5.00 per person. Please sign up in the COA activity center. Additional lunches on Sep 20<sup>th</sup>, Oct. 25<sup>th</sup>, and Nov 15<sup>th</sup>!

Sep 14 - Tribute to Carpenter's at White's. \$69.00 per person.

Sept. 16 – Craft & Art Vendor Fair on the Berkley Common.

Oct 5 – Tribute to Legends of Past at White's. \$69.00 per person.

Oct 16 -18 / 2 nights 3 days in Maine. \$430.00 per person for double occupancy. \$75.00 deposit due upon signup. Final payment is due August 1, 2023  
Total of \$430.00 minus your deposit.

Oct 26 - Wine tasting at Debuca's Wine & Liquors. \$35.00 per person.

November 15 - Trip to Lake Pearl in Wrentham MA for Dancing Dream, ABBA Tribute. \$125.00 per person includes show, lunch, taxes, gratuity and bus transportation. Money is due no later than October 15<sup>th</sup>.

Dec 12 - Trip to the Log Cabin Banquet and Meeting House for a Christmas Celebration with the Corvettes. Cost is \$125.00 per person due no later than

November 13, 2023. Price includes show, lunch, taxes, gratuity, and bus transportation. Bus leaves at 8:30 a.m. from the Berkley Common.

## Deep Sea Fishing trip

August 23, 2023



If you are interested, please sign up A.S.A.P. by calling the Berkley COA, Monday thru Thursday from 9:00 a.m. to 2:30 p.m. at (508) 821-3105 or Nancy Thompson at (508) 880-5149. Price is \$135.00 per adult, and \$100.00 for children 12 and under. Payment is due no later than August 9, 2023.

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Aug 17 – Lobsterfest - Boys of Summer Band at Whites. \$79.00 per person. Lunch options are a cup of chowder with a lobster roll, french fries, & cole slaw or steak tips, rice, & vegetable. Seasonal dessert included.

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Please make checks payable to the Friends of Berkley COA. Make separate checks for each event. If you are paying for multiple people, please indicate who they are. On the memo area of your check indicate the event you are paying for. Drop checks in the red box located in the COA activity room.

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The Friends of Berkley COA Annual meeting is scheduled for September 20, 2023 at 10:15 a.m. in the COA activity center.

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Election submission forms for the Friends of Berkley COA Vice-President Board position are available at the COA activity center. You must be an active member of the Friends of Berkley COA to be eligible to run for the Vice-President position. Forms are accepted until August 31, 2023. Election will be held at the annual meeting on September 20, 2023

Dues are due by the end of July 2023.



# MOMENTS FROM THE MUSEUM

## Toys of an era gone by....

All these items were loved and used or played with by children of yesteryear and are on display at the Berkley Historical Society Museum.

The BHS is honored to have them donated for exhibit and look forward to sharing details with you. Perhaps you have memories of similar toys.

**Tumbling Tusky:** was donated by a Berkley resident. It needed some repair and we are so thankful to Paul Noiseaux for making this little rocker 'all better'

**Rocking Lamb:** was found by a sharp-eyed BHS patron at the Transfer Station who brought it to us. Have you ever seen a rocking lamb? It was a first for us too!

**Doll Carriage:** this beautiful wicker woven doll carriage is in great shape for the number of years it has seen. It was donated from an estate liquidation.

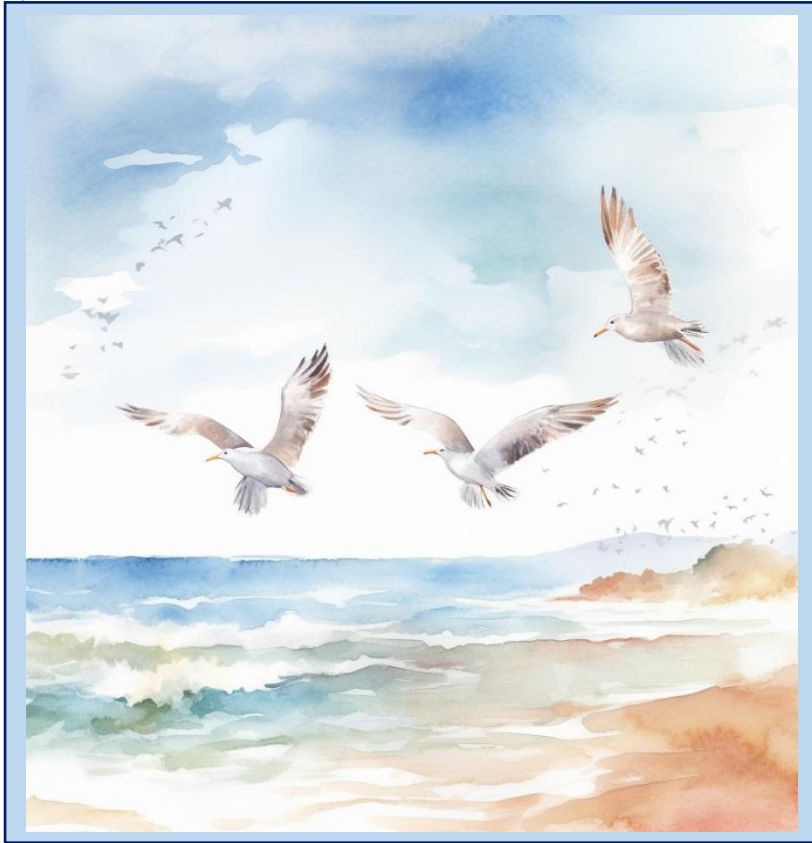
**Wooden sled:** lovingly handmade and painted by a member of the Barrow family and donated by a descendant.

**Dolls:** these two lovely dolls came to us separately by 2 different donors.

**Tin Truck:** this well used tin truck was undoubtedly a favorite for the children of an unknown family so much so that a tire is missing!

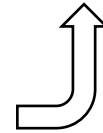
**Tin Bank:** it is never too early to teach children the importance of saving money! (Not pictured)





**CURRENT RESIDENT OR**

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



**STAFF**

Krista Celia, Administrative Assistant  
Lucille Dallaire, SHINE/Outreach

Coassistant@berkleyma.us  
ldallaire@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](http://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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