



# 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

Need A Boost? We Can Help!

**Open Shelves Food Pantry** provides non-perishable food items to families in Berkley on an as need basis. If you could use some temporary food assistance, please call 508-823-3273.

All calls are strictly confidential.

[openshelvesfoodpantry@yahoo.com](mailto:openshelvesfoodpantry@yahoo.com)

“Everyone needs a little help now and then.”

## 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.

## December at the Berkley Public Library

Looking for fun activities for your family get together or game night? The library recently acquired interactive mystery game boxes! Borrow a box, gather friends or family, dive into the mystery, analyze the clues and catch the killer! The Berkley library also has a great collection of classic movies and television shows such as I Dream of Jeannie, Green Acres, The Abbott & Costello Show and more that are available to borrow on DVD. Sometimes these shows aren't available on all the streaming services that there are now so we are happy that we are able to provide a trip down memory lane.

For December, the No Stress Book Club is reading The Royal Nanny by Karen Harper. The meeting will be Thursday December 1st at 6:00 p.m.

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

## Christmas Card Making with Ed



Join us on December 14<sup>th</sup> @ 10:00am for a free activity! With the help of Ed, we will be learning how to make Christmas cards! Please call or visit the COA Center to sign up!

## Tai Chi

Same day and time, new place! Starting in December, Tai Chi will be back in the studio! 3 Grove Street, Berkley

## Body Sculpting

Body Sculpting has been canceled effective Nov 1st

## 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.





## 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.**

| DECEMBER 7 <sup>TH</sup>                  |              | DECEMBER 14 <sup>TH</sup>                 |              |
|---|--------------|---|--------------|
| Sloppy Joes                               | 221 calories | Beef Burgundy                             | 241 calories |
| Potato Wedges                             | 27 calories  | Egg Noodles                               | 35 calories  |
| Carrots                                   | 77 calories  | California Blend Veg                      | 27 calories  |
| Hamburger Roll                            | 230 calories | Multigrain Bread                          | 190 calories |
|   |              | Fresh Apple                               | 2 calories   |
| Calories: 690 Sodium: 737mg<br>Carbs: 88g |              | Calories: 775 Sodium: 667mg<br>Carbs: 88g |              |
| DECEMBER 21 <sup>ST</sup>                 |              | DECEMBER 28 <sup>TH</sup>                 |              |
| Chicken Bruschetta                        | 394 calories | Salmon with                               | 67 calories  |
| Mixed Vegetables                          | 41 calories  | Cream Sauce                               | 60 calories  |
| White Rice                                | 36 calories  | Rice Pilaf                                | 134 calories |
| WW Roll                                   | 160 calories | Peas                                      | 82 calories  |
| Banana                                    | 2 calories   | Scali Bread                               | 310 calories |
|   |              | Fresh Orange                              | 0 calories   |
| Calories: 614 Sodium: 804mg<br>Carbs: 86g |              | Calories: 861 Sodium: 755mg Carbs:<br>69g |              |

Menu is subject to change without notice.  
A donation of \$2.25 per meal is encouraged  
but not required

All Meals Include:  
Milk (110 Calories, 125mg Sodium, 12g Carbs)  
Margarine (36 Calories, 47mg Sodium)

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

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.**

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

AS 2022 WINDS DOWN... LET'S TAKE A LOOK BACK AT THE YEAR



BEATLES TRIBUTE AT WHITE'S RESTAURANT



MEAL AT DANIEL WEBSTER INN



AN AFTERNOON AT DIGHTON  
ROCK STAE PARK



FIRE SAFETY AND FALLING PREVENTION PRESENTATION



MAGIC SHOW

**Consider  
Joining Happy  
Hearts Next  
Year! We will  
start meeting  
again in  
March!  
Happy Hearts  
meet  
Thursday's @  
12:30 – 2:30pm**

REMINDER: Happy Hearts Christmas Party is DECEMBER 8<sup>th</sup>  
The last meeting of the year is December 29, 2022  
Contact Loretta Marshall with any questions or concerns  
@ 508-496-1187

## SAVE THE DATE

### PODIATRY CLINIC

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

### COA CENTER CLOSED

December 2<sup>nd</sup>  
December 9<sup>th</sup>  
December 16<sup>th</sup>  
December 22<sup>nd</sup>  
December 23<sup>rd</sup>  
December 26<sup>th</sup>  
December 30<sup>th</sup>

### BROWN BAG

#### DECEMBER 28<sup>TH</sup>

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

(508) 821-3105

## HAPPY HEARTS SCHEDULE

THURSDAY'S  
@ 12:30-2:30

**December 1<sup>st</sup>**

**December 15<sup>th</sup>**

**December 29<sup>th</sup>**

# 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



Let's have some fun.  
**December 14<sup>th</sup> at  
10:00 AM in the COA  
Activity room.** Let's  
make a Christmas  
ornament either for  
you or to give as a  
gift. This is a free  
activity. Space is  
limited to 12 people  
base on available  
materials. A sign up  
sheet is available at  
the center, "first in first  
serve".

Coffee and some  
pastries or cookies will  
be available.  
I am looking forward  
to seeing you there.



**SAVE THE DATE  
JANUARY 18, 2022,  
AT 11:00 AM.**

BRUNCH AT THE COA  
ACTIVITY CENTER.  
ON **JANUARY 18<sup>th</sup>, 2022**  
**AT 11:00AM**  
COST \$2.00 PER PERSON.  
COLLECTED MONEY  
WILL BE RAFFLE BACK  
AMONGST ATTENDEES.  
SIGN ON SHEET IS  
AVAILABLE AT THE  
CENTER.

Keep your eyes on  
the newsletter!  
New day trips are  
coming for March  
and April.

If you have ideas  
of where or what  
you want to do let  
us know.

**Be safe**

## 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

### The Taunton River

All too often we take things for granted that we see every day. It may be so intertwined with our daily life that we do not give it much thought. For Berkley residents one of these commonplace treasures is the Taunton River.

It is Berkley's west boundary from Jerome Street to the end of Bay View Avenue. Here is some notable features that you may find interesting :

- \* The Taunton River is the longest undammed coastal river in New England.

- \* It is part of the Wild and Scenic Rivers System

- \* It supports 154 species of birds and 45 species of fish, including the bald eagle and the Atlantic sturgeon.

- \* The corridor is home to seven rare reptiles and amphibians, river otters, mink, gray foxes, and deer.

- \* One of the earliest and largest settlement areas in the Northeast for early Native People is found in the watershed.

- \* There were several thriving ship builders along the river over the centuries including near the Bridge Village Heritage Park.

*(The Berkley Historical Society has a ship registry list for viewing.)*

- \* The Taunton River is 40 miles long: 26 miles of scenic viewing & 14 miles of recreational opportunity.

Enjoy this treasure that flows by Berkley!

There are more Berkley treasures to be seen at the Berkley Historical Society Museum. Come visit on Tuesday between 10 am & 1 pm or by appointment. The Museum is located at 2 No. Main Street on the Common across from the Safety Building.

Admission is Free!

We look forward to meeting you soon!





# DECEMBER 2022

## ACTIVITIES & MEETING SCHEDULE



Aerobics – Daily at 8am on Channel 9

Tai Chi – Thursdays @ 3 Grove Street, Berkley

Bingo - Every other week unless posted different

Blood Pressure Clinic & Brown Bag – 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   |
|   |   |  | 9:00 COA Meeting<br>10:30 Tai Chi<br>12:30 Happy Hearts |
| 5   | 6   | 7  | 8   |
| 9:00 Italian<br>11:30 Aerobics<br>12:30 Coffee Talk<br>12:30 Mah Jong | 8:45 Yoga<br>10:15 Body in Motion<br>11:30 Quilting | 10:15 Friends<br>10:00 Craft with Amy<br>10:30 Grab n Go<br>12:00 Free Pizza Lunch | 10:30 Tai Chi   |
| 12  | 13  | 14   | 15  |
| 9:00 Italian<br>11:30 Aerobics<br>12:30 Coffee Talk<br>12:30 Mah Jong | 8:45 Yoga<br>10:15 Body in Motion<br>11:30 Quilting | 10:00 XMas Card Making<br>10:00 Ornament Making<br>10:30 Grab n Go<br>12:30 BINGO  | 10:30 Tai Chi<br>12:30 Happy Hearts                     |
| 19  | 20  | 21   | 22  |
| 9:00 Italian<br>11:30 Aerobics<br>12:30 Coffee Talk<br>12:30 Mah Jong | 8:45 Yoga<br>10:15 Body in Motion<br>11:30 Quilting | 10:15 Friends<br>10:30 Grab n Go   | <b>CLOSED</b><br>In observation of<br>Christmas Eve     |
| 26  | 27  | 28   | 29  |
| <b>CLOSED</b><br>In observation of<br>Christmas                       | 8:45 Yoga<br>10:15 Body in Motion<br>11:30 Quilting | 10:00 BP Clinic<br>10:00 Brown Bag<br>10:30 Grab n Go<br>12:30 BINGO               | 10:30 Tai Chi<br>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

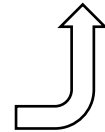
**DO NOT FORWARD**

PRESORTED STANDARD  
U.S. POSTAGE PAID TAUNTON, MA  
PERMIT # 73



**CURRENT RESIDENT OR**

**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>

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