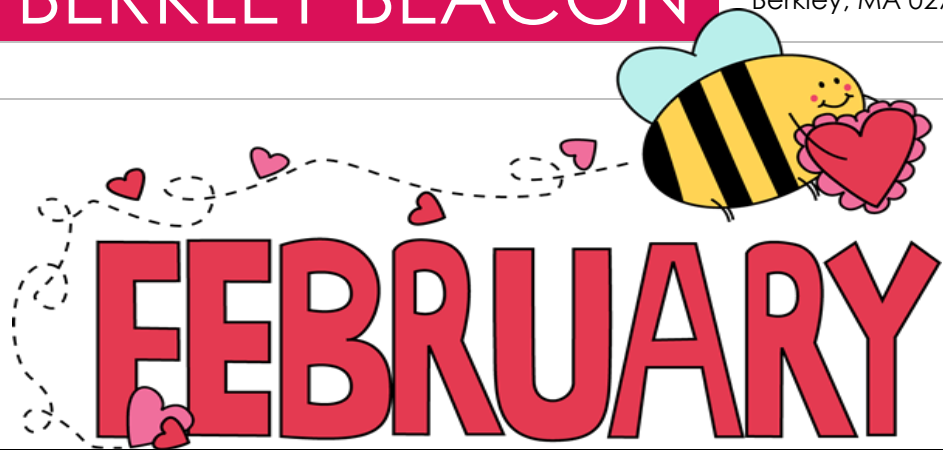




THE BERKLEY BEACON

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



Our Offerings

- Aerobics
- Italian lessons
- Tai Chi
- Quilting
- BINGO
- Yoga & Chair Yoga
- Mah Jong
- Cards/Board Games
- Body in Motion
- Painting & Crafts
- Manicures
- 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

Parking at the COA – Whether you are at the COA for an activity or just visiting, please park your vehicle in spaces that are in front of the COA building. Overflow parking is located across the street. We ask that you do not park in spaces designated for Town Hall business.

COA Code of Conduct and Behavior Policy – It is important that we refrain from bullying, harassment, discussions of politics and political views, and signing of petitions. Please refrain from such behavior. We want everyone to feel safe within the COA to enjoy activities and our environment. Thank you for cooperating!

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.

Manicures with Kerrie

Get a manicure with Kerrie! Call the COA to reserve your appointment for Monday, January 24th between 10am & 1:30pm. **Fees:** Berkley resident \$5, non-resident \$12.

Rep. Norman Orrall Office Hours

Rep. Orrall (or sometimes his legislative staff) are here to provide office hours on the third Monday of the month. Please call the COA for more information. To request that Rep. Orrall be here directly, call (617) 722-2090.

Berkley Public Library

The library now offers a Happy Light Energy Lamp to loan out to Berkley patrons! This lamp provides bright light therapy that helps to improve sleep, boost moods and increase energy, leaving the user feeling revitalized. This might be a great idea to help with any winter month blues.

We're also very excited to have children's story times starting up again on Tuesdays and Fridays. Meet Miss Erica out in the gazebo! These programs will also incorporate music, movement and fun. You can check our website or give us a call for specific dates times, and information.

For February the No Stress Book Club will be reading American Dirt by Jeanine Cummins. Meeting will be February 3rd at 6:00 p.m.

berpl@sailsinc.org

508-822-3329

www.berkeleylibrary.org



Moments From The Museum

In 1962 the futuristic family cartoon **The Jetsons** premiered on TV.

The Jetson family was living in the year 2026. In just 4 more years we will be living in "Jetson" time!

Do you remember watching it on the old box television sets? And were you mesmerized by the wonderful things the family had that made their life easy? There were several technologies shown in that cartoon series that today are the reality! Here are a few:

- video calls
- robotic vacuums
- tablet computers
- smart watches
- flat screen television
- drones
- holograms
- 3 D printed food

Little did we realize then that we would be like the Jetsons in so many ways today!

Come visit the Berkley Historical Society Museum on Tuesday, from 10am - 1pm. Admission is free. The Museum is at 2 No. Main St, Berkley, MA (across from the Safety Building) You can also find us on Facebook: The Berkley Historical Society





Grab n' Go Lunches

Grab n' Go lunches continue to be provided by Bristol Elder Services! Pickups will be weekly on Fridays 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 the Director 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 Thursday before pickup. It is important that you reserve your lunch(es) ahead of time to ensure we have enough to provide. A menu is provided for the month of February to inform you of the lunch you can expect to receive.

| February 4 th | | February 11 th | |
|--|--------------|--|--------------|
| Salmon | 67 calories | Italian Braised Beef | 78 calories |
| Lemon Pepper Sauce | 111 calories | Garlic Mashed Potato | 53 calories |
| Riviera Blend Veg | 16 calories | Peas and Mushrooms | 56 calories |
| Fluffy Rice | 36 calories | Whole Wheat Roll | 160 calories |
| Whole Wheat Bread | 115 calories | Pears | 4 calories |
| Mandarin Oranges | 6 calories | | |
| Calories: 538 Sodium: 524mg Carbs: 61g | | Calories: 713 Sodium: 599mg Carbs: 91g | |
| February 18 th | | February 25 th | |
| Roast Turkey | 303 calories | Chicken alla Vodka | 375 calories |
| Gravy | 70 calories | Penne Pasta | 1 calories |
| Winter Squash | 11 calories | Peas | 82 calories |
| Parsley Mashed Potatoes | 53 calories | Whole Wheat Bread | 160 calories |
| Honey Wheat Bread | 135 calories | Pears | 4 calories |
| Choc Chip Cookie/ SF Cookie | 350 calories | | |
| Calories: 858 Sodium: 1095mg Carbs: 120g | | Calories: 624 Sodium: 794mg Carbs: 85g | |

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

Happy
VALENTINE'S
 DAY

Want to be more involved? Call the COA! 508-821-3105

Chocolate Dipped Strawberries

Ingredients

- 1 pint (2 cups) medium-large strawberries (18 to 20 strawberries)
- 1/2 cup semisweet chocolate chips or white vanilla baking chips
- 1 teaspoon shortening or vegetable oil



Directions

- 1 Gently rinse strawberries and dry on paper towels (berries must be completely dry). Line cookie sheet with waxed paper
- 2 In 1-quart saucepan, melt chocolate chips and shortening over low heat, stirring frequently. Remove from heat.
- 3 In 1-quart saucepan, melt chocolate chips and shortening over low heat, stirring frequently. Remove from heat.
- 4 Refrigerate uncovered about 30 minutes or until chocolate is firm, or until ready to serve. Store covered in refrigerator so chocolate does not soften (if made with oil, chocolate will soften more quickly at room temperature).

PREP: 20 Min TOTAL: 50 Min SERVINGS: 18
 30 Calories, 2g Total Fat, 0g Protein, 4g Total Carbohydrate

Recipe From Betty Crocker



TextMyGov

Skip a phone call and use your mobile phone's text messaging to find answers to your questions. Text "Hi" to the Town of Berkley at
(508) 738-7309

SAVE THE DATE

PODIATRY CLINIC

Dr. Smith will be back
 February 4th!
 Please call the COA
 to schedule your
 appointment!
 (508) 821-3105

COA CENTER CLOSED

February 4th
 February 11th
 February 18th
 February 21st
 February 25th

BROWN BAG

February 23rd
 Income guidelines
 apply. Please call the
 COA to determine
 eligibility.
 (508) 821-3105

HAPPY HEARTS

UPCOMING SCHEDULE

10:30am

February 3rd
 (NO MEETING)

February 10th

February 17th
 (NO MEETING)

February 24th

FRIENDS of Berkley COA



**Friends of the Berkley COA are
sponsoring a Fundraiser**

**Please join us for lunch on
February 16th
and March 16th
from 11:30 to 1:30**

At One N Main St Berkley MA 02779

February Menu is Clam Chowder,
stuffed quahogs, dessert, and drink

March menu is Meatball Sandwich,
dessert, and drink

Please sign on at the COA Center
or call 508 822 7597



MONTHLY LUNCHES ARE BACK!

FEBRUARY



Chowder & Quahogs

MARCH



Meatball Sandwich

APRIL



Chow Mein Sandwich

MAY



Soft Shell Taco

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

BERKLEY FIRE/RESCUE Blue Address Sign Campaign

These signs help members of the Fire Department locate your house in an emergency (it also helps delivery drivers!) Seconds count in an emergency and these help greatly. We are offering **FREE** signs for seniors ages 65+ (limited to the first 200 only) who do not have an address sign. All other signs are \$20. Fill out a request form (the COA has forms too) and drop it off at the Berkley Fire/Rescue, 5 North Main Street – next door to COA/Town Hall. For the free sign, we will request to make a photocopy of your driver's license/ID to confirm age and residency. We can also assist with mounting the signs if needed. Please call the Fire

Department at (508) 822-7516 to request assistance or ask when you request a sign.

**Please make check payable to:
Berkley Fire Association • Fee: \$20**

Please mount sign at the end of driveway approx. 4' off the ground. If your driveway is not on your actual street, please add your street name with your number.



Neighbors Helping Neighbors

*A COA FORUM TO PROMOTE HELPING
YOUR FELLOW NEIGHBOR*

"My name is Matt Thompson and I am a long-time Berkley resident. I now have stage 4 kidney disease and need a kidney. If you or anyone you know can donate a kidney to me, I would be forever grateful. If you can't help me and are interested in helping someone, sign up to be an organ donor. I can be reached at thompsonstreeco@comcast.net. Thank you."

Become a volunteer at the COA! Opportunities include: Transporting senior residents to and from medical appointments • Assisting with grocery shopping/pickup or prescription pickup • Monthly newsletter mailing • Events • Other opportunities as they become available

Are you in need of assistance or a special item? Call the COA at (508) 821-3105 to ask how you can be added to this community forum. Your neighbor may be able to help!

**CALL THE COA WITH ANY
QUESTIONS OR CONCERNS
508-821-3105**

Fuel Assistance

Fuel assistance begins November 1st. This program provides assistance to low-income eligible individuals and families to help pay for heating costs. If you received fuel assistance last year, Citizens for Citizens, Inc. will be mailing out this year's renewal application around the end of August and during September. For new enrollees, applications will be made available at the Berkley Council on Aging sometime in October. If you wish to apply for the first time, or require help with the renewal process, please call Lucille, our Outreach Worker, at (508) 821-3105 for more information or for a list of required documentation.

Real Estate Taxes

Real Estate Taxes are due February 1, 2022
Please call the Tax Collectors Office at
508-823-9620 with any questions

Bristol Plymouth Special Election

Special Election to vote on MSBA project to build a new Bristol Plymouth Regional Technical School
RESCHEDULED TO: March 5, 2022 @ Berkley Community School

Absentee Voting available at the Town Clerk's Office

CHALICE THRIFT STORE

Open every Friday & Saturday
10 am - 4 pm

SENIOR DISCOUNT

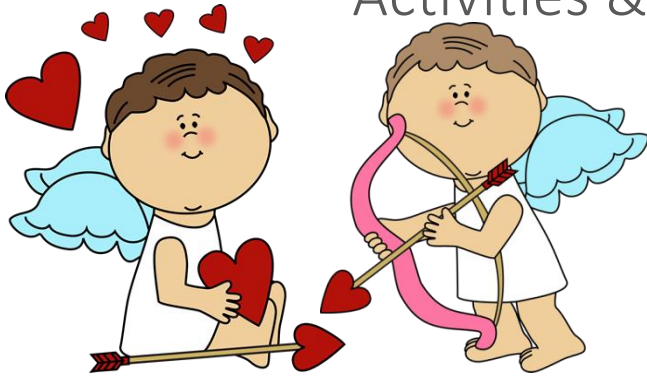
FIRST FRIDAY OF EVERY MONTH

50% off ENTIRE STORE

FIRST PARISH CHURCH
76 Church Green Taunton, MA

FEBRUARY 2022

Activities & Meeting Schedule

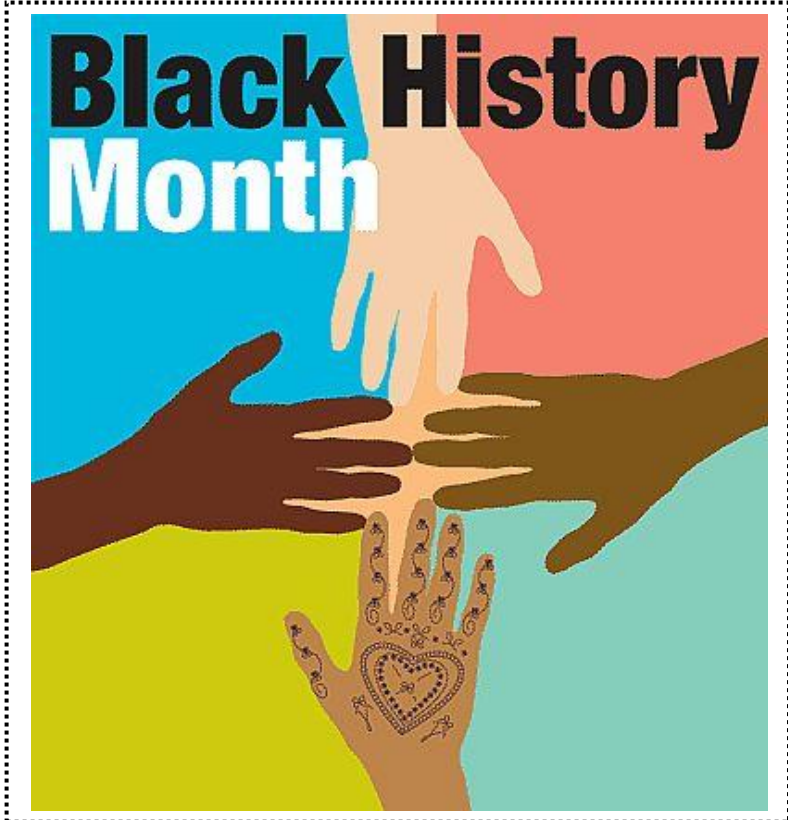


Aerobics – Daily at 8am on Channel 9
 Tai Chi is held at 3 Grove Street, Myricks (Old RR Depot)
 Bingo is held every other week unless posted different
 Blood Pressure Clinic – 4th Wednesday of the month
 Chair Yoga – 1st & 3rd Wednesday of the month
 Body Sculpting – 2nd & 4th Wednesday of the month
 Friends of COA – 1st & 3rd Wednesday of the month

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|------------------------------------|
| | 1 8:45 Yoga 10:30 Body in Motion 10:30 Tai Chi 11:30 Quilting | 2 10:00 Friends | 3 10:30 Tai Chi | 4 COA CENTER CLOSED |
| 7 11:30 Aerobics 12:30 Coffee Talk 12:30 Mah Jong | 8 8:45 Yoga 10:30 Body in Motion 10:30 Tai Chi 11:30 Quilting | 9 | 10 10:30 Tai Chi 10:30 Happy Hearts | 11 COA CENTER CLOSED |
| 14 11:30 Aerobics 12:30 Coffee Talk 12:30 Mah Jong | 15 8:45 Yoga 10:30 Body in Motion 10:30 Tai Chi 11:30 Quilting | 16 10:00 Friends | 17 10:30 Tai Chi | 18 COA CENTER CLOSED |
| 21 COA CLOSED TO OBSERVE NEW YEARS DAY | 22 8:45 Yoga 10:30 Body in Motion 10:30 Tai Chi 11:30 Quilting | 23 10:00 BP Clinic 10:00 Brown Bag | 24 10:30 Tai Chi 10:30 Happy Hearts | 25 COA CENTER CLOSED |
| 28 10:00 Manicures 11:30 Aerobics 12:30 Coffee Talk 12:30 Mah Jong | | | | |

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!

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



STAFF

Director
Lucille Dallaire, SHINE/Outreach

(508) 821-3105

coa.director@berkleyma.us
ldallaire@berkleyma.us

BOARD MEMBERS

Margaret Clark-Moroff, Chair Nancy Thompson Arlene Medeiros Wendy Cochrane

SOCIAL MEDIA

Facebook: Berkley Council on Aging Instagram: berkleycouncilonaging
Website: TownOfBerkleyMA.com/council-aging

COUNCIL ON AGING HOURS OF OPERATION

Monday – Wednesday: 9am to 3pm
Thursday: 9am to 1pm Friday: 9am to 1pm

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