



THE BERKLEY BEACON

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

JANUARY 2022 NEWSLETTER

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

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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.

A Message from The Director

Despite my time being short at the Council on Aging, it was my pleasure to have met such wonderful seniors. I will cherish the memories and friendships I have made along the way.

Amanda Blais

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 but in light of Martin Luther King Day, it will be TBD. To request that Rep. Orrall be here directly, call (617) 722-2090.

How to Make the Best Homemade Hot Chocolate

Ingredients:

- 2 ½ cups whole milk
- ¼ cup granulated sugar
- 2 tbsp unsweetened cocoa powder
- 1 cup chocolate (bittersweet, semisweet or milk)
- 1 tsp pure vanilla extract
- Whipped cream for serving

Directions:

- Add milk, sugar, and coca powder to a medium saucepan
- Heat over medium heat, whisking occasionally, until the mixture begins to bubble but does not boil
- Add chocolate and vanilla and whisk until the chocolate is melted and the mixture is smooth
- Pour into 4 small mugs and serve with whipped cream



Interested in Weekly Bowling?

Bowling, arcade games, snack bar and loads of fun!

Looking for interest in a weekly bowling night,
If interested, please call the COA Center

508-821-3105



Preparing for the New Year

January 1, 2022	New Year's Day
January 17, 2022	Martin Luther King Day
February 2, 2022	Groundhog Day
February 14, 2022	Valentine's Day
February 21, 2022	President's Day
March 13, 2022	Daylight Saving
April 15, 2022	Good Friday
April 17, 2022	Easter
May 8, 2022	Mother's Day
May 30, 2022	Memorial Day
June 19, 2022	Father's Day
July 4, 2022	Independence Day
September 5, 2022	Labor Day
October 10, 2022	Columbus Day
October 31, 2022	Halloween
November 6, 2022	Daylight Saving
November 11, 2022	Veteran's Day
November 24, 2022	Thanksgiving
December 25, 2022	Christmas
December 31, 2022	New Year's Eve





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 September to inform you of the lunch you can expect to receive.

January 5 th		January 12 th	
Beef Stew w/ Veggies	277 calories	Buttermilk Chicken	459 calories
Boiled Potatoes	51 calories	Parsley Mashed Potato	53 calories
Oatmeal Roll	121 calories	Tuscany Blend	56 calories
Mixed Fruit	10 calories	Chocolate Chip Cookie	171 calories
		MOD: SF Cookie	130 calories
Calories: 724 Sodium: 631mg Carbs: 79g		Calories: 884 Sodium: 1101mg Carbs: 112g	
January 19 th		January 26 th	
Salmon	67 calories	Grilled Chicken	320 calories
Florentine Sauce	50 calories	Greek Sauce	118 calories
Whipped Sweet Potato	52 calories	Orzo Rice Pilaf	173 calories
Chickpea Blend	52 calories	Green Beans & Red Peppers	3 calories
Honey Wheat Bread	135 calories	WW Bread	160 calories
Mandarin Oranges	6 calories	Peaches	6 calories
Calories: 543 Sodium: 515mg Carbs: 75g		Calories: 690 Sodium: 952mg Carbs: 86g	

Moments From the Museum

"Made in Occupied Japan"

You may have seen these words on the bottom of a ceramic cup or saucer. Or perhaps a vase or pitcher or figurine. Often such items are found in antique stores. If you have such a piece in your collection of ceramics or pottery you may want to hold onto it!

When WW II ended in 1945 with the surrender of Japan, the Allied Nations occupied Japan until 1952. During this period Japan worked hard at rebuilding its economy and were allowed to export manufactured goods to western markets as part of this economic revival. Most of the products were usually inexpensive toys, tea sets and kitchen items. However, the items made had to be marked "Occupied Japan" or "Made in Occupied Japan". Today, these items are collectible. To be sure you have an authentic "Occupied Japan" item the mark needs to have been made before the glaze went on the item. This would make it impossible to remove. A knockoff Occupied Japan mark will come off with acetone or nail polish remover.

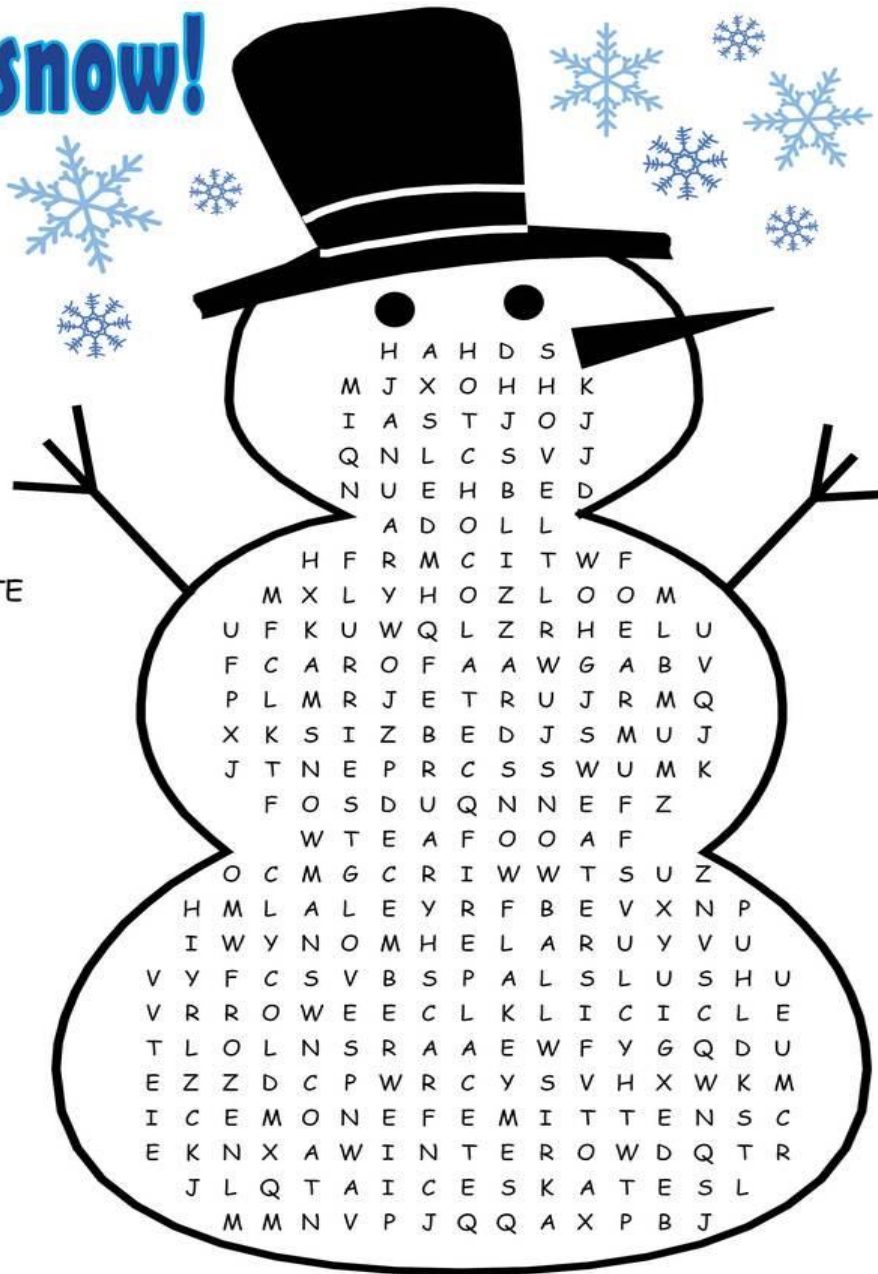
Come visit the Berkley Historical Society Museum on Tuesdays from 10 am - 1 pm. Admission is FREE. There is so much Berkley History to see and enjoy!

Submitted By: Eden V. Jones



Let it snow!

BLIZZARD
 COAT
 COLD
 DECEMBER
 EARMUFFS
 FEBRUARY
 FIREPLACE
 FLURRIES
 FROZEN
 GLOVES
 HOT CHOCOLATE
 ICE
 ICE SKATES
 ICICLE
 JANUARY
 MITTENS
 SCARF
 SHOVEL
 SLED
 SLUSH
 SNOWBALL
 SNOWFLAKE
 SNOWMAN
 SWEATER
 WINTER



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SAVE THE DATE

PODIATRY CLINIC

Dr. Smith will be back in January! Time slots are 9-11am. Please call the COA to schedule your appointment!

(508) 821-3105

COA CENTER CLOSED

January 3rd
 January 7th
 January 14th
 January 17th
 January 21st
 January 28th

BROWN BAG

January 26th

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

(508) 821-3105

HAPPY HEARTS

UPCOMING SCHEDULE

10:30am

January 6th
(NO MEETING)

January 13th

January 20th
(NO MEETING)

January 27th

FRIENDS of Berkley COA

QUILT RAFFLE WINNER

AND THE WINNER IS....

Diane Hoffman

Quilt Name: Sunny Daze
Hand-quilted quilt and 2 standard-size pillow shams. Quilt fits a Full-Size Bed.

Donated by Nancy Thompson



Want to be a member of the Friends of Berkley COA? Ask for a membership application at the COA!

The Friends of COA meet on the 1st and 3rd Wednesday of every month at 10am

JOIN US FOR A

FRIENDS OF BERKLEY COA JANUARY LUNCH



01/19/2022
FROM 11:30 TO 1:30

PULL PORK SANDWICH, BAKED BEANS, DESSERT, AND A DRINK FOR JUST \$10.00

SIGN IN AT THE COA CENTER OR CALL ELISABETH MONKOWSKI 508 822 7597

MONTHLY LUNCHESES ARE COMING BACK IN 2022

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.



Real Estate Taxes

Just a reminder that Real Estate Taxes are due February 1, 2022

If you have not received your tax bill, please call the Tax Collector's Office at 508-823-9620

Please have checks made out to
Town of Berkley

Town Hall Office Hours
Monday-Thursday 9:30-2:30pm
Wednesday Nights 6:00-8:00pm

Or place payment in the silver drop box located on the column on the side of the building near the Town Hall entrance

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.

Special Election Sponsored by Bristol Plymouth

Special Election to vote on MSBA project to build a new Bristol-Plymouth Regional Technical School

When: Saturday, January 29, 2022 from 10:00am-2:00pm

Where: Berkley Community School, 59 South Main St

Absentee Voting will be 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

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 thompsontreeco@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!

JANUARY 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
3 COA CLOSED TO OBSERVE NEW YEARS DAY	4 8:45 Yoga 10:30 Body in Motion 10:30 Tai Chi 11:30 Quilting	5 9:00 Chair Yoga 10:00 Friends	6 10:30 Tai Chi	7 COA CENTER CLOSED
10 9:00 Italian NO AEROBICS 12:30 Coffee Talk 12:30 Mah Jong	11 8:45 Yoga 10:30 Body in Motion 10:30 Tai Chi 11:30 Quilting	12 10:00 Body Sculpting 12:30 Bingo	13 10:30 Tai Chi 10:30 Happy Hearts	14 COA CENTER CLOSED
17 COA CLOSED TO OBSERVE MARTIN LUTHER KING JR DAY	18 8:45 Yoga 10:30 Body in Motion 10:30 Tai Chi 11:30 Quilting	19 9:00 Chair Yoga 10:00 Friends	20 10:30 Tai Chi	21 COA CENTER CLOSED
24 9:00 Italian 11:30 Aerobics 12:30 Coffee Talk 12:30 Mah Jong *Appt Manicures	25 8:45 Yoga 10:30 Body in Motion 10:30 Tai Chi 11:30 Quilting	26 10:00 BP Clinic 10:00 Body Sculpting Brown Bag 12:30 Bingo	27 10:30 Tai Chi 10:30 Happy Hearts	28 COA CENTER CLOSED
31 9:00 Italian 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 (508) 821-3105 coa.director@berkleyma.us
Lucille Dallaire, SHINE/Outreach 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