



# THE BERKLEY BEACON

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

## Our Offerings

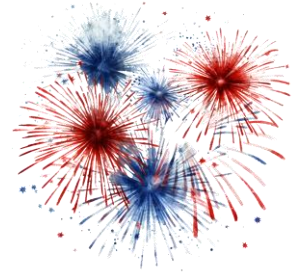
- Aerobics
- Italian lessons
- Tai Chi
- Quilting & Knitting
- BINGO
- Yoga
- Mah Jong
- Cards/Board Games
- Body in Motion
- Painting & Crafts
- Ceramics
- Coffee Talk Café
- Chair Yoga
- Presentations

## Individual Highlights

Page:

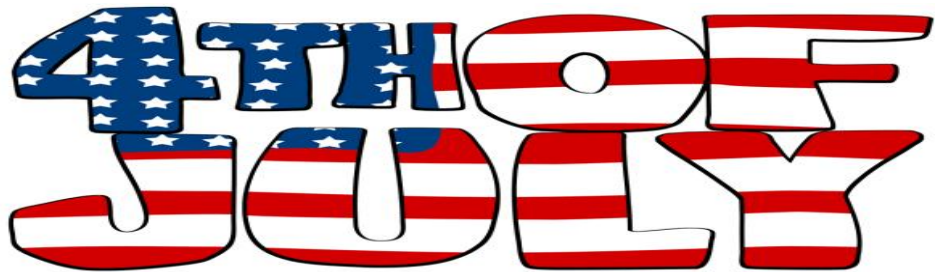
- 1- Announcements
- 2 – Ceramics, July 11th
- 2 – Humming Bird Feeder Workshop – July 20th
- 3 – Grab n Go
- 3 – Freetown Food Pantry
- 3 – Ward 5 Luncheon
- 4 - Calendar
- 5 – Happy Hearts
- 5 - Library
- 5 – Concerts on the Common
- 6 – Friends of the COA
- 7 – Historical Society
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# JULY



## 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.



## COOKOUT ON THE BERKLEY COMMON

### YOU ARE INVITED TO A FREE LUNCH!

Sponsored by the Friends of the Berkley COA.

**Cookout includes a hot dog, chips, drink and dessert.**

Stay a while and enjoy live music.

Sponsored by the Cultural Council.

July 4<sup>th</sup>, 2023 from 11:00 a.m. to 1:30 p.m.

## Ice Cream Social

### Wednesday, July 19, 2023

### Berkley Senior Center, 12:30 p.m.

Join the Friends of the COA for an Ice Cream Sunday Social.

Free

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

# Bring Out Your Inner Artist!

Calling all beginner artists, Picassos and everyone in between. The Berkely Council on Aging invites you to try one of our art programs. No prior crafting experience necessary! This month we have two opportunities for you to get those creative juices flowing. Paint a wildlife creature for your garden or create a hummingbird feeder for your flying friends.

Sign up in the Senior Center or call us at (508) 821-3105.

\$10.00 Berkley Residents, \$20.00 Nonresidents

## CERAMICS

*with Pagano Creations*

July 11<sup>th</sup> at 12:00 p.m.

*Add a little joy to your backyard. Come paint a garden figurine with us.*

*\$10 Berkley Residents, \$20 Nonresidents.*



## Hummingbird Feeder WORKSHOP

*with Amy from King Designs*

July 20<sup>th</sup> at 3:00 p.m.

*Hummingbirds are fascinating creatures!*

*Attract them to your yard with this easy to make feeder.*

*\$10 Berkley Residents, \$20 Nonresidents.*



# 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.

## July 5th

Cheeseburger	384 Calories
Ketchup	82 Calories
Potato Wedges	27 Calories
HB Roll	190 Calories
Fresh Peach	

**Total Calories: 748, Sodium: 895, Carbs: 65**

## July 12th

Cajun Chicken	377 Calories
Rice & Beans	35 Calories
Brussel Sprouts	12 Calories
Multigrain Bread	190 Calories
Fresh Watermelon	

**Total Calories: 508, Sodium: 786, Carbs: 56**

## JULY 19th

Mac and Cheese	404 Calories
Florentine Tomatoes	121 Calories
WW Roll	160 Calories
Fresh Fruit Salad	10 Calories

**Total Calories: 720, Sodium: 868, Carbs: 88**

## July 26th

Beef and Broccoli	N/A Calories
Jasmine Rice	N/A Calories
WW Roll	160 Calories
Fresh Plum	

**\*Nutritional Information is not available at this time.**

## 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

## SEPTEMBER SENIOR LUNCHEON

Please join the Council on Aging for lunch at:

### WARD 5

29 Winter Street, Taunton

Thursday, September 28<sup>th</sup>, 2023  
12:00 p.m.

Doors Open at 11:30 a.m.

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

This event is free for Berkley Seniors and \$20 for Nonresidents. Sign up Required.

# JULY 2023

## 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 week unless posted otherwise.

**BLOOD PRESSURE CLINIC AND 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** – Moved to 2<sup>nd</sup> Thursday of this Month

Monday	Tuesday	Wednesday	Thursday
3 9:00 Italian Lessons 11:30 Aerobics 12:30 Coffee Talk 12:30 Mah Jong 1:30 Chair Yoga	4 <b>4<sup>th</sup> of JULY FRIENDS COOKOUT 11:00 a.m. – 1:30 a.m. Senior Center is Closed</b>	5 10:15 Friends of COA Meeting 10:30 Grab n Go	6 10:30 Tai Chi 12:30 Happy Hearts
10	11	12	13
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>12:00 Summer Ceramics</b>	10:30 Grab n Go 11:30 Knitting 12:30 BINGO	9:30 COA Meeting 10:30 Tai Chi 12:30 Happy Hearts <b>11:30 Stiletto &amp; The Saxman @ Whites of Westport</b>
17	18	19	20
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>12:30 Friends Ice Cream Social</b>	<b>9:00 Podiatry</b> 10:30 Tai Chi 12:30 Happy Hearts <b>3:00 Hummingbird Feeder Workshop with Amy King</b>
24	25	26	27
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	10:00 Brown Bag 10:00 Blood Pressure Clinic 10:30 Grab n Go 11:30 Knitting 12:30 BINGO	10:30 Tai Chi <i>*There is no Happy Hearts</i> <b>8:30 Essex Train and Steamboat Lunch</b>
31	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p><b>Events listed in Red require prior sign up.</b></p> <p>Please contact the COA at 508-821-3105</p> </div>		<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p><b>“Tech Talks” New Workshop Coming in August.</b></p> <p>More information in our next newsletter!</p> </div>
9:00 Italian Lessons 11:30 Aerobics 12:30 Coffee Talk 12:30 Mah Jong 1:30 Chair Yoga	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Podiatry is back July 20<sup>th</sup></p> <p>Appointments are limited.</p> <p>Please call the center to schedule.</p> </div>		



# HAPPY HEARTS

The Happy Hearts have been enjoying delicious meals! Last month they visited the American Legion for a clam boil catered by Katey's Kitchen. The club also went to Bristol Plymouth's Silver Platter Restaurant, catered by the school's culinary students. Come join the fun! Happy Hearts club meets every Thursday in the Berkley Senior Center at 12:30 p.m.



**The Berkley Cultural Council**  
is sponsoring FREE

**Concerts on the Common**  
**Thursdays 6 PM - 8 PM**

**July 20 - Emily Nawrocki**

**August 17 - Donnelly and Carmichael**

**September 21 - Montgomery Street Ramblers**

**Come join us!**

## July at the Berkley Public Library

“Have a tablet or smart phone? You can download the library apps! Just bring in your device and we are more than happy to show you how to set up and use them. These are all free with your library card and you will have access to manage your library account and read books or listen to audiobooks right from the convenience of your phone.

For July, the No Stress Book Club is reading Night Shift by Robin Cook. The meeting will be Thursday July 13<sup>th</sup> at 6:00 p.m.

[berpl@sailsinc.org](mailto:berpl@sailsinc.org) 508-822-3329  
[www.berkeleylibrary.org](http://www.berkeleylibrary.org)

[berpl@sailsinc.org](mailto:berpl@sailsinc.org) (508) 822-3329  
[www.berkeleylibrary.org](http://www.berkeleylibrary.org)

# FRIENDS OF THE BERKLEY COA

## SAVE THE DATES

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



**Essex Train and Steamboat**  
July 27, 2023  
Lunch included on the train.  
\$110.00 per person.  
Payment and lunch selection due no later than July 5, 2023.

## "Stiletto & The Saxman"



**Luncheon @ White's of Westport**  
Plus "A Show You're Sure to Remember"  
July 13, 2023 (Thursday) \$69.00 Per Person  
(NO Transportation) Luncheon Choice of Seafood Casserole or Chicken Cordon Bleu

## Deep Sea Fishing trip

August 23, 2023



If you are interested, please sign up A.S.A.P. by calling the Berkley COA at (508) 821-3105 or contact Nancy Thompson at (508) 880-5149.  
Price is \$135 per adult, & \$ 100 for children 12 and under.  
Payment is due not later than August 9, 2023.



**You are invited to a free lunch. Including a hot dog, chips, soft drink, and cookies. Enjoy live music, sponsored by the Cultural Council. On July 4, 2023, from 11:00 a.m. to 1:30 p.m. Bring your chair.**

## Additional activities:

**June 28, 2023 – Meatball Sandwich Lunch at the COA.** Includes sandwich, soft drink, and dessert. 11:30 a.m. to 1:00 p.m. \$5.00 per person. Additional lunches on Aug 16<sup>th</sup>, Sep 20<sup>th</sup>, Oct. 25<sup>th</sup>, and Nov 15<sup>th</sup>.

**July 19<sup>th</sup> – Ice cream social at the COA Center!** 11:30 a.m. to 1:00 p.m.

**Aug 9 – Woo Sox - \$99.00 per person.** \$20.00 deposit upon signup.

**Aug 17 – Lobster feast Boys of Summer Band at Whites.** \$79.00 per person.

**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.

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



**September 16<sup>th</sup> – Craft Fair at the Berkley Common.**

Please contact E. Monkowski at (508) 822-7597 or [elisabethv70@comcast.net](mailto:elisabethv70@comcast.net). for a vendor registration form.  
Price is \$30.00 per space.

**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. Drop checks at the red box located in the COA activity room.**

**Friends Fiscal year ends on June 30<sup>th</sup>.**

If you are or want to become a member of the Friends of Berkley COA, please fill a membership form located at the COA activity center or contact E. Monkowski at (508) 822-7597 or [elisabethv70@comcast.net](mailto:elisabethv70@comcast.net)

Dues are due by the end of July 2023 for fiscal year 2023 - 2024

# MOMENTS FROM THE MUSEUM

Did you know.....?

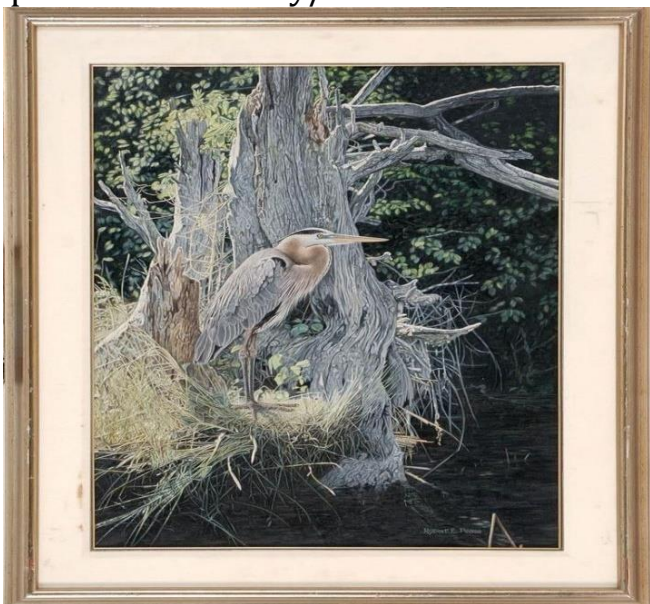
Robert E. Pease was a Navy Veteran of WW II and after returning home from his service, he attended Swain Art School at UMass in Dartmouth MA. Pease was a member of the Society of Animal Artists, the oldest and most prestigious association for animal and wildlife painters and sculptors in the world. He was also a member of the Massachusetts Waterfowlers. Pease's intimate knowledge of the subjects he painted, their habits and habitats, enabled him to create his magnificent wildlife paintings and became established as a nationally recognized wildlife artist. On several occasions his work was featured on the cover of Field & Stream and other nationally known magazines. Many of his paintings were displayed at Dryden Galleries in Providence, RI. He also worked for the Blue Heron Galleries in Wellfleet, for 25+ years. All that knew him agreed that he enjoyed nature. Pease was born in Fall River, MA in 1925 and he passed away in 2004 at the age of 79.

**What may surprise many is that he lived at 705 Berkley Street in Berkley, Massachusetts!**

The paintings shown here are examples of his work.

While the Berkley Historical Society does not have a Robert E Pease painting, we do have a huge collection of Berkley history in many forms. We invite you to visit the BHS Museum located at 2 No. Main St Berkley MA on Tuesdays between 10 -1.

There is no admission fee. If Tuesday doesn't work for you, we would be glad to open by appointment at a day/time that works.



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

**DO NOT FORWARD**

PRESORTED STANDARD

U.S. POSTAGE PAID

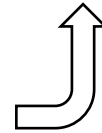
TAUNTON, MA

PERMIT # 73



**CURRENT RESIDENT OR**

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



**STAFF**

Krista Celia, Administrative Assistant  
Lucille Dallaire, SHINE/Outreach

Coassistant@berkleyma.us  
ldallaire@berkleyma.us

**BOARD MEMBERS**

Margaret Clark-Moroff, Chair    Carol Buote    Cathy Charette    Arlene Medeiros    Karen 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>

*The distribution of this newsletter is made possible by a grant from the Massachusetts Office of Elder Affairs*