



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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JUNE



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 DATE TO REMEMBER

Annual Town Meeting
Monday, June 5, 2023
Berkley Community School
7:00 p.m.

Please contact the Town Clerk's office with questions. (508) 822-3348

FRIENDS OF THE BERKLEY COA

Meatball Sub Luncheon
Wednesday, June 28, 2023
Berkley Senior Center, 11:00 a.m.

Please join us for a meatball sub lunch!
Call (508) 821-3105 to sign up or sign up in the center.
Lunch includes meatball sub, desert, and a drink.
\$5.00

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 ceramic birdhouse or a bird feeder with Pagano Creations or come try the Seashell Art Workshop with Amy from King Designs. Sign up in the Senior Center or call us at (508) 821-3105.

CERAMICS

with Pagano Creations

June 7th at 1:00 p.m.

Paint your choice of a bird house or a bird feeder.

\$10 Berkley Residents, \$20 Nonresidents.



Bird feeders are molded prior to class. Please call before June 1st if you would like to make a sunflower bird feeder. Instructor will have some additional items available.



SEASHELL ART WORKSHOP

with Amy from King Designs

June 22nd at 3:00 p.m.

Create a unique piece of "Beachy" artwork using seashells, sand & other natural materials. \$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.

JUNE 7

Chicken Teriyaki	359 Calories
Asian Rice	79 Calories
Oriental Blend	26 Calories
Multigrain Bread	190 Calories
Pineapple Chunks	

JUNE 14

Broccoli Quiche	387 Calories
Home Fries	33 Calories
Stewed Tomatoes	143 Calories
WW Roll	160 Calories
Fresh Nectarine	

JUNE 21

Meatloaf	131 Calories
Mushroom Gravy	148 Calories
Mashed Potatoes	52 Calories
Tahitian Blend	38 Calories
Multigrain Bread	190 Calories
Pears	

JUNE 28

Chicken Kabobs	320 Calories
Peppers, Onions, Tomatoes	79 Calories
Red Bliss Potatoes	
Sub Roll	120 Calories
Fresh Plum	

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**

JUNE 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 – 4th Wednesday of the month

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

FRIENDS OF COA – 1st & 3rd Wednesday of the month

COA Meeting – 1st Thursday of the Month

Monday	Tuesday	Wednesday	Thursday
<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Events listed in Red require prior sign up. Please contact the COA at 508-821-3150</p> </div>			1
			9:00 COA Meeting 10:30 Tai Chi 12:30 Happy Hearts
5	6	7	8
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 1:00 Pagano Creations Ceramics Workshop	10:30 Tai Chi 12:30 Happy Hearts
12	13	14	15
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 11:30 Knitting 12:30 BINGO	10:30 Tai Chi 12:30 Happy Hearts 11:30 (Doors Open) Memories of Patsy @ Whites of Westport
19	20	21	22
CLOSED in Celebration of Juneteenth	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	10:30 Tai Chi 12:30 Happy Hearts 3:00 Seashell Workshop with Amy King
26	27	28	29
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 BP Clinic 10:30 Grab n Go 11:00 Meatball Sub Lunch 1:00 BINGO	10:30 Tai Chi 12:30 Happy Hearts



HAPPY HEARTS

The Happy Hearts would like to thank everyone who helped make our Spaghetti Dinner Fundraiser a huge success! We had 66 raffle prizes, plus a door prize and we sold over 100 meals! Come join us on Thursdays at the Berkley Senior Center and see what all the fun is about! Our meetings start at 12:30 p.m.



June at the Berkley Public Library

“Find Your Voice” this summer with our Adult Summer Reading Challenge. Our voices have power. We use our voices to share stories, express ourselves, and spark change. Our voices include not only the sounds we make, but the words we write, the art we create, the movements we perform, and the actions we take each day to impact our world.

Grab a pamphlet and do as many or as little of the challenges as you wish. Read books, check out our museum passes, and many other activities to earn raffle tickets for a chance to win great prizes and gift cards.

For June, the No Stress Book Club is reading Love and Other Consolation Prizes by Jamie Ford. The meeting will be Thursday June 1st at 6:00 p.m.

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

Berkley Knitting Crochet Club



June 14 at 11:30 AM
July 12 at 11:30 AM
Please join us and share ideas & knowledge.
And to brag about your projects!

FRIENDS OF THE BERKLEY COA

SAVE THE DATES

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

Friend of Berkley COA presents
"Memories of Patsy."
 Thursday June 15, 2023



At Whites of Westport
 Doors open at 11:30
 Lunch at 12:00
 Show at 1:45
 \$69.00 per person
 Full payment and meal choice are required at time of booking and due on or before Friday, May 1, 2023. Booking forms can be found at the Berkley COA.



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 @ Whites 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

Fishing Trip!



Wednesday, August 23.
 8:00 a.m. – 2:00 p.m.
 Sailing from Onset MA.
 Season for Porgies, Sea Bass, Scup and Fluke.
 Estimated price is approximately \$135.00.
 This includes access to the vessel, fishing rod rental, bait, and a boxed lunch.

★ Additional Activities: ★

July 4th – Hot dog lunch and live entertainment at the Berkley common.

Aug 9 – Woosox - \$99.00 per person. \$20.00 deposit upon signup.

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

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

September 16th – Craft Fair at the Berkley Common. Vendors \$30.00 per space.

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.

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 at the COA activity room.



MOMENTS FROM THE MUSEUM

This story is not specifically about Berkley but it does include Taunton which Berkley was once part of prior to 1735. It is an interesting, almost bizarre story of a little scruffy terrier mix dog with the name Owney. His story starts in 1888. His master worked for the postal system in Albany, NY and Owney would walk with him to work each day to the train station where his master worked for the Railway Mail Service. The train cars would be loaded with bags of mail to be sent to post offices across the nation. Soon the little dog began following the wagons loaded with bags of mail to the train and then eventually followed the mail bags into the mail cars and slept on the bags. Off he would go to wherever that train was headed crisscrossing the nation visiting post offices at each stop. Owney would be treated like royalty enjoying hospitality fit for a king by the postal clerks along the way. Why his owner didn't put a stop to Owney's vagabond ways remains unknown.

As time went on, a mail clerk at each stop, including Taunton, Mass. would attach to his collar a metal tag identifying where Owney had been. National news started reporting the dog's travels and notice was made that despite the proclivity of train wrecks, none of the trains Owney chose to travel on was ever in an accident. So now he became the nation's postal good luck charm. Eventually he had so many metal tags attached to his collar that the weight of them drained his energy. Sometime after 1889, Postmaster General John Wannamaker had a jacket made for the dog so his whole body would bear the weight of the tags instead of just his neck. Owney received the heart-shaped identification token from Edmund F. Flynn, a postal clerk in Taunton, Massachusetts.

Sadly, as Owney aged his personality changed from being affable to cranky. Probably due to arthritis. In 1897 in Toledo, OH he bit a mail clerk who was trying to look at some of the tags attached to Owney's jacket. When the US Marshall came to investigate, Owney attacked him also and the dog was shot dead. His body was stuffed and he is now in the Smithsonian Institute along with his jacket and tags. A sad ending for little Owney.

The Berkley Historical Society Museum is OPEN on Tuesdays between 10 am & 1 pm. Admission is free! The Museum is located at 2 North Main Street Berkley, MA in the white building opposite the Safety Building. We look forward to meeting you!



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

DO NOT FORWARD

PRESORTED STANDARD

U.S. POSTAGE PAID

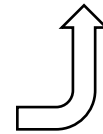
TAUNTON, MA

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

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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