



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

COA Activities	2
Special Election	2
Historical Society	3
Grab n' Go Lunches	3
Neighbors Helping	
Neighbors	4
Berkley Public Library	4
Happy Hearts	4
Save the Dates	4
Fuel Assistance	4
Survey	5
Blank Page	6
Friends of COA	7
Blue Address Sign	8
Calendar	9



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

The Council on Aging would appreciate it if you could take a moment to complete the short, anonymous survey included inside the newsletter.

THANK YOU FOR YOUR COOPERATION!

Please drop all surveys off to the Council on Aging or send in by mail to:

Berkley Council on Aging
1 North Main St
Berkley MA 02779

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.



PROGRAM PARTICIPATION HAS CHANGED TO 55 YEARS OLD AND OLDER

Manicures with Kerrie

There will be no manicures for the month of March and April due to lack of participation.

Special Election

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

When: Saturday, March 5, 2022 from 9:00am-3:00pm

Where: Berkley Community School, 59 South Main St

Absentee Voting will be available at the Town Clerk's Office

Rep. Norman Orrall Office Hours

Rep. Orrall (or sometimes his legislative staff) are here to provide office hours on **March 21st at 9:30am**. Please call the COA for more information. To request that Rep. Orrall be here directly, call (617) 722-2090.

Berkley American Legion

The Berkley American Legion, in conjunction² with Boston VA Healthcare system, is holding a Mental Health "Mental Might Night" Empowering military Veteran and Families to live a full life. The program will be on **April 14, 2022 from 5 to 9pm** at the Berkley American Legion Post 121, Route 79, Berkley, MA.

Besides military suicide prevention there will be tables there from my healthy vet, Home Base, a VA compensation rep as well as the Vet-to-Vet Center participating. Retired Colonial US Army John Bradley is the guest speaker. There will also be a shared life experience speaker.

Any Veteran or family member interested in this program are welcome.

At the same time, we are having a Dunkin Doughnut coffee gift card drive to supplement the Veteran coffee social programs that the VA puts on throughout the state. Any donation will be greatly appreciated.

Contact Tom Raposa at:

Traposa443@aol.com

508-326-3220

Ceramics with Pagano Creations

Join us on **March 17th** from 12:30pm – 2:30pm in the Center for Easter and Spring Ceramics! To reserve a spot, a sign-up sheet is available in the Center or please call the COA at 508-821-3105

FEES: Berkley Residents \$10
Non-Residents \$20



GRAB & GO



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 R.S.V.P. by calling the COA at (508) 821-3105 by 10am on the Monday before pickup.** It is important that you reserve your lunch(es) ahead of time to ensure we have enough to provide. **The menu for the month of March had not yet been released before printing the newsletter. Please call the COA regarding lunches.**

STAY TUNED

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

Moments From the Museum

The Old Town Hall has been standing on the Berkley Common since 1849 serving the needs of the Town's population through the variety of boards and committees for 140 years. These 3 photos show how little the Old Town Hall has changed structurally. Yet it has served as a meeting place for many years after it was decommissioned as the Town Hall in 1989 when the Old Grammar/Junior High School became the Berkley Town Hall. Today at 173 years old, the Old Town Hall is the Berkley Historical Society Museum. The interior has been restored to the original dimensions. The original flooring has been uncovered and treated to a fresh coat of varnish. There are even some of the old benches that were used since 1849 in the Reading and Research area. When you step inside you step back in Berkley history.

Please come and visit! Visitors are welcome on Tuesdays between 10 am - 1 pm. And also, by appointment. Admission is always free. See you soon!!

<http://berkleyhistorical.org/>



1849

Submitted By Eden Jones



2016



2022

Neighbors Helping Neighbors

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!

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.

In the News!



Berkley Public Library

Considering a purchase? The library offers consumer reports. Consumer reports gives you the tools you need to find the features and pricing that are right for you. There is a link on the home page of our website and also, we offer the Consumer Reports magazine and yearly buying guide to check out and borrow.

For March the No Stress Book Club will be reading Lab Girl by Hope Jahren. Meeting will be March 3rd at 6:00 p.m.

berpl@sailsinc.org

508-822-3329

www.berkeleylibrary.org

CALL THE COA WITH ANY QUESTIONS OR CONCERNS

508-821-3105

SAVE THE DATE

PODIATRY CLINIC

Dr. Smith will be back in April! Please call the COA to schedule your appointment!

(508) 821-3105

COA CENTER CLOSED

March 4th

March 11th

March 18th

March 25th

BROWN BAG

March 23rd

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

(508) 821-3105

HAPPY HEARTS

UPCOMING SCHEDULE @ 10:30am

March 10th

March 24th

Activities Survey

Berkley Council on Aging

Dear Resident,

The Council on Aging would appreciate it if you could take a moment to complete this short, anonymous survey.

Thank you for your cooperation!

Activities I enjoy and/or would like to see more of

Organized Activities (EX: Clubs, Bingo, Games, etc.)

Creative Arts (EX: Coloring, Painting, Ceramics, etc.)

Bus Trips (Places and Activities)

Life Style and Wellness (EX: Yoga, Line Dancing, Tai Chi)

What can we do to make it more relevant to you?

Please drop all surveys off to the Council on Aging or send in by mail to:

Berkley Council on Aging

1 North Main St

Berkley MA 02779

You are welcome to attend the COA meetings to offer more feedback.

THANK YOU VERY MUCH FOR YOUR TIME AND COOPERATION!

FRIENDS of Berkley COA

Pigeon Forge and Smoky Mountains Show Trip

INCREDIBLE PRICE INCLUDES:

- Motorcoach transportation
- 6 nights lodging including 4 consecutive nights in the Smokies
- 10 meals: 6 breakfasts and 4 dinners
- Two Morning Shows: SMITH MORNING VARIETY SHOW & PATTY WASZAK SHOW
- One Afternoon Show: MAGIC OF TERRY EVANSWOOD
- Three Evening Shows: SOUL OF MOTOWN, AMERICA'S HIT PARADE & COUNTRY TONITE
- GUIDED TOUR OF THE GREAT SMOKY MOUNTAINS NATIONAL PARK
- Free time in HISTORIC DOWNTOWN GATLINBURG

For more pictures, videos, and information visit:
www.GroupTrips.com/friendsofberkley

\$799

7 DAYS 6 NIGHTS
***PER PERSON, DOUBLE OCCUPANCY**

SUNDAY- SATURDAY
SEP 25- OCT 1
2022

Departure: Berkley MA @ 8:00 am

\$75 Due by May 16th

Final Payment by July 16th

*Price per person, based on double occupancy. Add \$269 for single occupancy.

For more information, reservations, or insurance, please call Priscilla Martin at (508) 572-4869

**Please make checks payable
to: Friends of COA**

Diamond Tours[®] inc.
Bringing Group Travel to a Higher Standard[®]

MONTHLY LUNCHES ARE BACK!

MARCH



Meatball Sandwich

APRIL



Chowder and Quahogs

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.



TOP CHECKED OUT BOOKS FROM BERKLEY PUBLIC LIBRARY IN 2021



INTERESTED IN DIAL-A-RIDE?



CONTACT THE TOWN ADMINISTRATOR
TO REGISTER @ 508-824-6794
FORMS ALSO AVAILABLE IN THE COA
OFFICE

**PROGRAM PARTICIPATION HAS
CHANGED TO 55 YEARS OLD AND OLDER**

THE BERKLEY COA RUNS ON DONATIONS

MARCH 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	2	3	4 COA CENTER CLOSED
	8:45 Yoga 10:30 Body in Motion 10:30 Tai Chi 11:30 Quilting	9:00 Chair Yoga 9:00 Outreach 10:00 Friends 10:30 Grab n Go	10:30 Tai Chi	
7	8	9	10	11 COA CENTER CLOSED
9:00 Italian 11:30 Aerobics 12:30 Coffee Talk 12:30 Mah Jong	8:45 Yoga 10:30 Body in Motion 10:30 Tai Chi 11:30 Quilting	9:00 Outreach 10:00 Body Sculpting 10:30 Grab n Go 12:30 BINGO	10:30 Tai Chi 10:30 Happy Hearts	
14	15	16	17	18 COA CENTER CLOSED
9:00 Italian 11:30 Aerobics 12:30 Coffee Talk 12:30 Mah Jong	8:45 Yoga 10:30 Body in Motion 10:30 Tai Chi 11:30 Quilting	9:00 Chair Yoga 9:00 Outreach 10:00 Friends 10:30 Grab n Go 11:30 Friends Lunch	10:30 Tai Chi 12:30 Ceramics	
21	22	23	24	25 COA CENTER CLOSED
9:00 Italian 9:30 Rep. Orrall Office Hours 11:30 Aerobics 12:30 Coffee Talk 12:30 Mah Jong	8:45 Yoga 10:30 Body in Motion 10:30 Tai Chi 11:30 Quilting	9:00 Outreach 10:00 BP Clinic 10:00 Body Sculpting 10:00 Brown Bag 10:30 Grab n Go 12:30 BINGO	10:30 Tai Chi 10:30 Happy Hearts	
28	29	30	31	
9:00 Italian 11:30 Aerobics 12:30 Coffee Talk 12:30 Mah Jong	8:45 Yoga 10:30 Body in Motion 10:30 Tai Chi 11:30 Quilting	9:00 Chair Yoga 9:00 Outreach 10:00 Friends 10:30 Grab n Go	10:30 Tai Chi	

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!

CALL THE COA WITH ANY QUESTIONS OR CONCERNS @ (508) 821-3105

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



ENTERING
INC. 1735
BERKLEY

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

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 2:30pm
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>

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