



# THE BERKLEY BEACON

## 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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## 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 DATES TO REMEMBER

### Annual Town Election

Saturday, May 6, 2023

Berkley Community School

10:00 AM – 6:00 PM

### Annual Town Meeting

Monday, June 5, 2023

Berkley Community School

7:00 PM

**The last day to register to vote for the Town Meeting is May 26<sup>th</sup>.**

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



**The May Menu is Available at the Senior Center.**

# RECENT EVENTS AT THE SENIOR CENTER

From Painting, to Ceramics, to Singing to the Beatles! The Senior Center is a place to gather with your peers and make new friends. Please enjoy some of the photos from our most recent events. Come down and take a class or stop in and say Hello! The center is open Monday - Thursday from 9:00 – 2:30. If you would like a scan card or would like to sign up for My Senior Center, stop by to office.





# MAY AT THE BERKLEY PUBLIC LIBRARY

Have you joined our “Knot” Just Knitting group yet? Whether you knit, crochet, quilt or any other sort of handicraft just bring in your latest project to work on. All levels are welcome. The group shares tips, patterns and conversation. When? The 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of the month at 1:30 and 3<sup>rd</sup> Thursday of the month at 6:00. You can check the calendar on our website for exact dates. In April, we also held our first Crochet for Beginners Class and had a wonderful response. We plan on holding another class soon so email or give us a call to get on a waitlist! For May, the No Stress Book Club is reading Matrix by Lauren Groff. The meeting will be Thursday May 4<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)

## Ceramics with Pagano Creations

**Wednesday, May 10<sup>th</sup> at 1:00 PM**

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

## Painting with Amy

**Thursday, May 18<sup>th</sup> at 3:00 PM**

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

## Donated Items Available at the Senior Center

- Adult Briefs multiple sizes
- Thick-it food and beverage thickener
  - At Home Covid Tests

*These items are available free of charge. Contact the center at 508-821-3105*

# MAY 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**

Monday	Tuesday	Wednesday	Thursday
1 9:00 Italian Lessons 11:30 Aerobics 12:30 Coffee Talk 12:30 Mah Jong 1:30 Chair Yoga	2 8:45 Yoga 10:15 Body in Motion 10:30 Tai Chi 11:30 Quilting	3 10:15 Friends of COA 10:30 Grab n Go 12:30 BINGO	4 9:00 Podiatry 10:30 Tai Chi 12:30 Happy Hearts
8 9:00 Italian Lessons 11:30 Aerobics 12:30 Coffee Talk 12:30 Mah Jong 1:30 Chair Yoga	9 8:45 Yoga 10:15 Body in Motion 10:30 Tai Chi 11:30 Quilting	10 10:30 Grab n Go 12:00 Knitting  <b>1:00 Pagano Creations Ceramics Workshop</b>	11 10:30 Tai Chi
15 9:00 Italian Lessons 11:30 Aerobics 12:30 Coffee Talk 12:30 Mah Jong 1:30 Chair Yoga	16 8:45 Yoga 10:15 Body in Motion 10:30 Tai Chi 11:30 Quilting	17 10:15 Friends of COA 10:30 Grab n Go 12:30 BINGO	18 10:30 Tai Chi 12:30 Happy Hearts <b>3:00 Painting with Amy</b>
22 9:00 Italian Lessons 11:30 Aerobics 12:30 Coffee Talk 12:30 Mah Jong 1:30 Chair Yoga	23 8:45 Yoga 10:15 Body in Motion 10:30 Tai Chi 11:30 Quilting	24 10:00 BP Clinic 10:00 Brown Bag 10:30 Grab n Go 12:00 Knitting	25 10:30 Tai Chi 12:30 Happy Hearts
29 <b>CLOSED In observation of Memorial Day</b>	30 8:45 Yoga 10:15 Body in Motion 10:30 Tai Chi 11:30 Quilting	31 10:30 Grab n Go 12:30 BINGO	

# HAPPY HEARTS

The Happy Hearts is a social club for seniors! We meet weekly on Thursdays at 12:30 PM in the Senior Center. Our club is open to anyone 55 or older from Berkley or surrounding towns. Our first ever Show and Tell was a huge hit! Here are a few of the items we learned about.



# FRIENDS OF THE BERKLEY COA

## SAVE THE DATES

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

**May 24<sup>th</sup>**  
**New England Botanical  
Garden at Tower Hill**  
One of the oldest Botanical  
Gardens in MA.



We will leave at 9:00 AM from  
the parking lot across from  
Berkley COA.

On the way home we will enjoy  
lunch at O'Conner's restaurant.

\$85.00 per person

Signup sheets will be posted  
March 30, 2023.

**Money is due by no later than**  
**May 1<sup>st</sup>.**

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## "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.

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July 27<sup>th</sup>  
Essex Train and Steamboat  
Lunch included on the train.

\$110.00 per person.

Payment and lunch selection  
due no later than July 5, 2023



## Additional activities:

**July 4<sup>th</sup>** - Hot dog lunch and live  
entertainment at the Berkley  
common.

**Aug 9<sup>th</sup>** - WooSox - \$99.00 per  
person. \$20.00 deposit upon  
signup.

**Aug 17<sup>th</sup>** - Lobster feast Boys of  
Summer Band at Whites. \$79.00  
per person.

**Sep 14<sup>th</sup>** - Tribute to Carpenter's  
at White's. \$69.00 per person.

**September 16<sup>th</sup>** - Craft Fair at the  
Berkley Common. Vendors  
\$30.00 per space.

**Oct 5<sup>th</sup>** - Tribute to legends of  
Past at White's. \$69.00 per  
person.

**Oct 16<sup>th</sup> -18<sup>th</sup>** - Maine, 2 nights 3  
days. \$430.00 per person for  
double occupancy. \$75.00  
deposit due upon signup.

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**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.**

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# MOMENTS FROM THE MUSEUM

New England has a treasure that can be seen in any of the original 13 colonies.

There are stone walls found in fields, woods and fancy estates. Many of them have been in place since the beginning when Europeans started migrating here. Berkley has a good amount of original stone walls still standing since 1639.

Alternatively, in England, it is not uncommon to see "wavy" brick walls. Interestingly, the design uses fewer bricks than a straight wall. A straight wall that is just one brick thick, is not sturdy enough to stand alone and can be easily toppled. They generally have a thickness of at least two or more layers of bricks and are also reinforced at regular intervals with vertical posts serving as buttresses. But a wavy "one-brick" wall stands just fine on its own due to the arch support provided by its shape, which combines both wall & buttress. Such a structure is called a "crinkle crinkle wall" or the Old English version of "zig zag." Which name do you prefer? 😊

NEW ENGLAND STONE WALL



ENGLISH "CRINKLE CRANKLE" WALL



History is so interesting, intriguing and fun! At the Berkley Historical Society Museum, you will be amazed at the variety of items that have been preserved as a part of history. Come visit us soon! The Museum is OPEN on Tuesdays from 10 am - 1 pm or by appointment. There is no admission fee. The Museum is right across the street from the Police and Fire Stations on the Common. We look forward to seeing you soon!

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

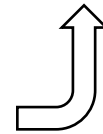
**DO NOT FORWARD**

**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: 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>

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