



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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October



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.

Annual Holiday Luncheon

Saturday, December 09, 2023
Lunch will be served at 12:00 p.m.
Doors open at 11:00 a.m.
Berkley Middle School

The Berkley Council on Aging invites you to celebrate the holidays with us. Please join us for our Annual Holiday Turkey Luncheon.

This event is Free for Berkley Seniors
Signup is required.

Friends of the Council on Aging

Lasagna & Salad Lunch in the COA

Wednesday, October 25th from 11:30 – 1:30

Join the Friends of the COA for lunch at the Senior Center.
\$5.00

Entertainment by NoteAble Blend*– A women's a-cappella barbershop chorus. * This program is supported by a grant from the Berkley Cultural Council, a local agency, which is supported by the Ma. Cultural Council, a state agency.





Berkley Council on Aging presents a FREE educational workshop:

“Tech Talk With Kevin: Password Managers”

Tuesday, October 3, 2023 • 2:30 – 4:00 PM
Berkley Senior Center • 1 North Main St, Berkley MA

The focus of this hands-on learning session will be Bitwarden, a free password manager app that’s an easy and secure answer to “password overload syndrome.” Remember and use only one master password to get access to ALL of your logins (and get rid of that very non-secure written password list we all hide somewhere)! As an additional option, bring your own smartphone, tablet, or laptop computer if you would like to try out Bitwarden during the workshop.

Workshop Presenter: Kevin J. Garganta is a retired college professor, non-profit fundraiser and administrator, and co-owner of a training and consulting business where he has spoken all over the U.S. on a variety of topics. Kevin proudly states, “I’m NOT a tech expert at all...I’m just you with a little more experience.” He enjoys helping others navigate this strange new world in which our own children and grandchildren have so comfortably grown up.

This is a FREE workshop and pre-registration is recommended. Sign up at the Berkley COA or contact Krista at COAassistant@BerkleyMA.us or call 508-821-3105 to sign up or for further information.

Ceramics *with Pagano Creations*



Wednesday, Oct. 11th at 12:00 p.m.
At the Berkley Senior Center

\$10 Berkley Residents, \$20 Nonresidents
Sign-up Required. Contact the center to be added to the class list.

Paint Day *with Amy* **“Falling for Fall”**

Let’s paint together step by step!



Thursday, October 19th at 3 p.m.
at the Berkley Senior Center

\$10 Berkley Residents, \$20 Nonresidents
Sign-up Required. Contact the center to be added to the class list.

Lunch and Learn!

Please join Bristol Elder Services' Nutritionist,
Dawn DiMarco, MS, RD, LDN

Wednesday November 1st, 2023 at 2 PM

She will be discussing nutrition for healthy aging. Nutrition is super important to maintain a healthy lifestyle, especially as we get older.

This is a Free workshop and lunch!



Lunch will be served!

**Beef tenderloin, mashed potatoes, asparagus,
dinner rolls, brownies, and lemonade!**

Sign-up Required. To register please contact the COA at (508) 821-3105.

October at the Berkley Public Library

This fall, the library is once again teaming up with other members of the community for some Halloween fun! The library will be hosting their annual spooky pumpkin walk and decorating contest. The event will take place on Friday October 27th from 6-7:30 and is available to all ages. Follow our social media or check the website for more information in about how to enter a pumpkin.

For October, the No Stress Book Club is reading No Rest for the Dead, written together with various authors. The meeting will be Thursday October 5th at 6:00 p.m.

berpl@sailsinc.org 508-822-3329

www.berkeleylibrary.org



October Menu
Available in the
Senior Center.

Grab n' Go lunches continue to be provided by Bristol Elder Services! Pickups will be weekly on Wednesdays between 10:30-11:30 a.m. 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 2 p.m. on the Monday before pickup.

More information provided upon request.

October

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 Wednesday. Canceled 10/18/23

BLOOD PRESSURE CLINIC & 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 @ 9:30 a.m.

Monday	Tuesday	Wednesday	Thursday
2	3	4	5
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 2:30 Tech Talk - Password Manager	10:15 Friends of COA Meeting 10:30 Grab n Go 12:30 BINGO	9:00 Podiatry 9:30 COA Meeting 10:30 Tai Chi 11:30 Legends of the Past at Whites of Westport
9	10	11	12
Closed in Celebration of Columbus Day. 	8:45 Yoga 10:15 Body in Motion 10:30 Tai Chi 11:30 Quilting 2:00 Tech Help Hour	10:30 Grab n Go 12:00 Fall Ceramics	10:30 Tai Chi 12:30 Happy Hearts
16	17	18	19
9:00 Italian Lessons 11:30 Aerobics 12:30 Coffee Talk 12:30 Mah Jong 1:30 Chair Yoga 7:30 Maine Trip Depart	8:45 Yoga 10:15 Body in Motion 10:30 Tai Chi 11:30 Quilting	10:30 Grab n Go 5:30 Maine Trip Approx. Return	10:30 Tai Chi 12:30 Happy Hearts 3:00 Fall Painting
23	24	25	26
9:00 Italian Lessons 11:30 Aerobics 12:30 Coffee Talk 12:30 Mah Jong 1:30 Chair Yoga 7:00 Historical Presentation	8:45 Yoga 10:15 Body in Motion 10:30 Tai Chi 11:30 Quilting 3:00 Virtual Reality	10:00 Brown Bag 10:00 Blood Pressure Clinic 10:30 Grab n Go 11:30 Lasagna Lunch	10:30 Tai Chi 12:30 Happy Hearts 7:00 Wine Tasting
30	31		
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	Events in green require prior sign-up to attend.	Dighton Rock Oct. 8 th 1:00 – 2:30 Petroglyphs Discussion All Ages Welcome At State Park on Bayview Ave.



Virtual Reality Workshop

**Tuesday, October 24th
3:00 p.m. – 5:00 p.m.**

Have you ever wondered what virtual reality technology is all about? Then this free workshop is for you! This program will be presented by Richard Buote, a local Eagle Scout candidate. Attendees will learn the many aspects and uses for this technology. Virtual reality equipment will be on site and participants will get to experience first-hand how this technology works.

Space is limited and prior sign-up is required.

Technology Office Hour

with Kevin Garganta

Tuesday, October 10th

2:00 p.m. - 3:00 p.m.

Do you have technology questions and don't know who to ask? Come on into the senior center and meet with Kevin Garganta. No appointment necessary! Bring your questions, computer, phone, and/or tablet.

Manicures with Kerrie Ann

Back by Popular Demand.

November 21st

9:30 a.m. – 2:00 p.m.

\$12 plus tip

Call the senior center today to schedule your appointment.

Fish Tales

On August 23rd the Miss Chris set sail from the Onset Pier for a 6-hour cruise. Unlike the SS Minnow from Gilligan's Island, it returned with 16 happy fishermen and women. Lots of Porgies were caught, a couple of sharks, (which were thrown back) and one nice sized blue! Only the second ever caught on the boat. Bottom line, everyone had fun! Lunch was good and the homemade brownies were a nice touch. General consensus? Let's do it again next year. Special thanks to Matt for making sure everyone got on and off the boat and for dispensing the lunches. See your next year for another fun fishing trip. *Nan Thompson*



The Happy Hearts Club Karaoke Sing Along

The Happy Harts had a day full of singing, dancing and laughter. They found some talented singers in their group.



Join the fun.
Every Thursday at 12:30 p.m.

FRIENDS OF 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

Lunch at COA center:
11:30 – 1:30 cost \$ 5.00
Oct. 25th, Lasagna
and Salad.

Live entertainment with
The NoteAble Blend!



Lunch at COA Center
11:30 to 1:30 cost \$ 5.00
November 8th, Chow Mein
Sandwich



Thank you to all
participating vendors and
visitors.
We are looking forward to
seeing you next year.



Oct 16 -18 / 2 nights 3 days
in Maine. **This trip is full**
however we have a waiting
list. \$430.00 per person for
double occupancy.

Oct 26th. Wine tasting at
Debuca's Wine & Liquors.
\$35.00 per person



November 15 trip to Lake
Pearl in Wrentham MA for
Dancing Dream ABBA
Tribute. \$125.00 per
person includes show,
lunch, taxes, gratuity, and
bus transportation.
Money is due no later than
October 15
Choice of food turkey
dinner or vegetable
lasagna.



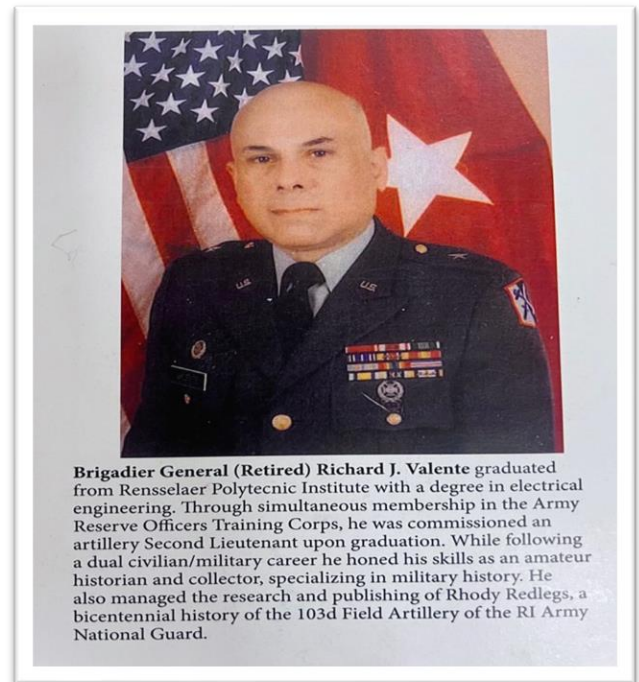
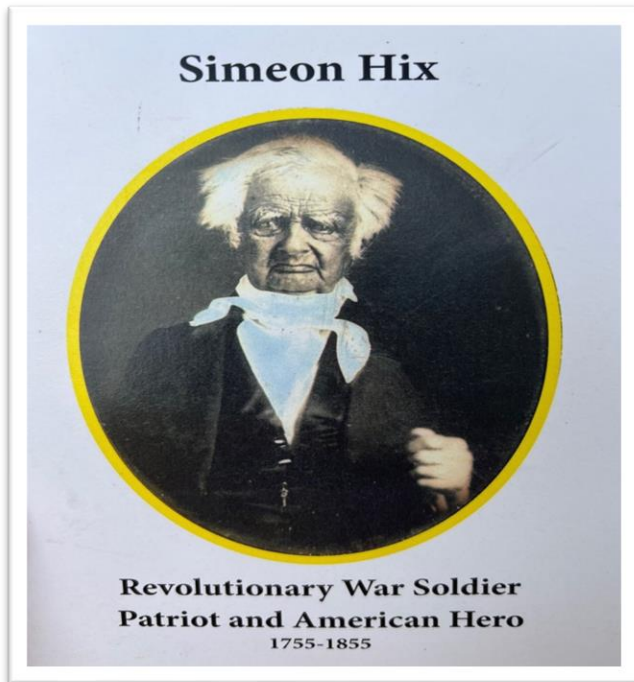
Dec 12 trip to the Log
Cabin Banquet and
Meeting House for a
Christmas Celebration with
the Corvettes. Cost is
\$125.00 per person due no
later than November 13,
2023. Price includes show,
lunch, taxes, gratuity, and
bus transportation. The
bus leaves at 8:30 AM from
Berkley Common.

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 on the
memo area of your check
who they are. Also
indicate the event you
are paying for.
Drop checks at the red
box located at the COA
activity room.

We are starting to plan
activities for 2024. If you
have any specific interest,
please let us know and we
will research and try to
accommodate

MOMENTS FROM THE MUSEUM

The Berkley Historical Society is pleased to share with you an invitation to attend a special talk by Brigadier General (Retired) Richard J. Valente.



The Brigadier General has written a book on the life of Simeon Hix (Hicks) a Minuteman from Massachusetts who drilled every Saturday during the year leading up to the Revolutionary War and joined thousands of New Englanders in sealing off the enemy garrison in Boston. He was also the last survivor of the Battle of Bennington. Come and hear more of Simeon's activities and experiences during his service as a Private during the Revolutionary War.

Date: Monday, October 23, 2023

Time: 7:00 p.m.

Place: Town of Berkley Council on Aging, 1 No. Main Street, Berkley, MA

Please contact the Berkley Council on Aging to place your name on the sign-up sheet for this event!
(508) 821-3105

In addition, as an added feature prior to the presentation the Berkley Historical Society Museum will be OPEN at 6 pm for visitation.

This opportunity gives all the chance to see the collection including a replica of a Revolutionary War officer's uniform and accoutrements. There is no charge for admission. The BHS is excited to be able to offer this special feature of history and we look forward to seeing you on **Monday, October 23, 2023!**

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

DO NOT FORWARD

PRESORTED STANDARD

U.S. POSTAGE PAID

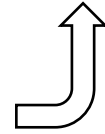
TAUNTON, MA

PERMIT # 73



CURRENT RESIDENT OR

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



STAFF

Krista Celia, Administrative Assistant

Coassistant@berkleyma.us

BOARD MEMBERS

Margaret Clark-Moroff, Chair Carol Buote Cathy Charette Arlene Medeiros Kathleen Stroyk

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>

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